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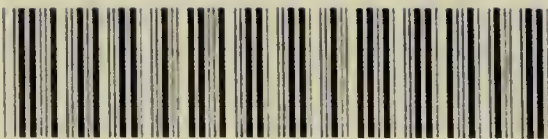
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How to Use FRUITS

by J. H. H. H. H.

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FRUITS, AND HOW TO USE THEM.

A PRACTICAL
MANUAL FOR HOUSEKEEPERS;
CONTAINING NEARLY SEVEN HUNDRED RECIPES FOR
WHOLESOME PREPARATIONS OF
FOREIGN AND DOMESTIC FRUITS.

BY MRS. HESTER M. POOLE.

Fruit of all kinds, in coat
Rough, or smooth rind, or bearded husk, or shell,—
She gathers tribute large, and on the board
Heaps with unsparing hand; for drink, the grape
She crushes, inoffensive must, and meathes
From many a berry, and from sweet kernels pressed
She tempers dulcet creams.

—*Milton.*

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TO THE WOMEN OF THE W. C. T. U.
WHO, WITH THEIR NOBLE LEADER
MISS FRANCES E. WILLARD,
ARE WORKING FOR THE UPLIFTING OF HUMANITY, AND TO ALL
OTHER WOMEN WHO STRIVE TO MINISTER TO THE HIGHER
LIFE OF THE HOUSEHOLD THROUGH THE
USE OF HEALTHFUL, NUTRITIOUS AND
UNSTIMULATING FOOD.
THIS BOOK
IS RESPECTFULLY DEDICATED.

PREFACE.

While gathering and formulating recipes concerning the preparation of fruits for her own private use, the author and compiler of the present book was struck by the fact that there existed no simple yet comprehensive work upon the subject. It is true that cook-books flood the market, but the major portion of them deal with all sorts and conditions of materials. What appeared to be needed, was, first, a greater variety of dishes in which fruit enters as an ingredient and that are at once easily made, appetizing and wholesome; secondly, such an arrangement as shall show at a glance the changes which may be rung upon any one kind of fruit.

It is frequently the case that the housekeeper who is blessed with a superabundance of apples, peaches, pears, or dates, finds her household cloying upon the two or three modes in which they are usually served. Recipes for a dozen new dishes to be made out of the same fruit are then an acquisition, the value of which only a housekeeper can justly estimate.

In the eight million and more kitchens which are the pivotal centers of the physical life and activity of our country, fruits are daily growing more important as a staple article of food. And, as civilization advances they

will take a still higher rank as their relations with health, temperance and economy will then be far better understood than they are to-day.

In treating this subject an arbitrary classification seems necessary, as only those fruits which require cooking or are eaten in their natural state as dessert, demand attention.

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INTRODUCTION.

FRUIT AS FOOD.

In that future toward which the eyes of both Realists and Idealists are now directed more eagerly than at any preceding period, there can be no doubt that all things will be noted nearer their true worth than they are to-day. In cooking especially, many compounds now in vogue will sink into disuse, but their places will be filled with foods which are pleasant to the eye, delicious to the taste and yet easy to prepare. In all departments of the household that beautiful and harmonious simplicity which is evidence of the highest culture, must prevail, and it will be found that a simple, wholesome and appetizing dietary, one which can be prepared with ease and served with elegance, is that one in which Fruits will play a most important part.

The value of Fruits as Food is far from being generally understood. Grown in every quarter of the globe, ripening in succession from early spring till winter, fragrant, toothsome and pure, the fruits and their more solid cousins, the grains, afford every element needed for the nourishment of the human frame. True, these elements are never found in a form as concentrated as in the flesh of animals, and herein lies one mark of their superiority.

One of the greatest dangers of this age is that resulting from too great concentration—whether it be found in social life, in wealth, or in food. On this point it is well to heed the words of Sir Henry Thomson, one of the most distinguished of living physicians and an authority on all matters connected with dietetics. In “Food and Feeding” he writes:

“Speaking in general terms, Man seems at the present time prone to choose foods which are unnecessarily concentrated and too rich in nitrogenous and flesh-forming material and to consume more in quantity than is necessary for the healthy performance of animal functions. * * * He makes very small account of the different requirements by the child, the mature person and the declining or aged person. As to the exercise of any taste in the serving or the combining of different foods at a meal, the subject is completely out of reach of the majority of people and is as little comprehended by them as the structure and harmonies of a symphony are by the first whistling boy one chances to meet upon the street.”

There is no danger, according to experience as well as chemical investigation, of a want of nutriment in a diet composed of fruits and grains; the trouble will be to dress and serve them so that they shall be suited to the eye and to the taste. When that is done there is no possibility of absorbing the germs of disease through bacteria or animal poison. From analysis it is found that wheat, apples, and berries; peaches and other stone fruits, furnish a rich, pure blood which nourishes strong muscles and a clean physical economy.

It is useless to lay before the housekeeper a statement of the amount of carbon starch, albumen, and sugar furnished by this food and that; what she wishes is the very best nourishment for the brains and bodies of those to whom she ministers, and to know how to serve it in a manner at once

healthful and delectable. Nature is a better chemist than man, and nature has packed within envelopes of various forms and hues those exquisite acids and sweets, flavors and essences, which in some subtle way sustain every portion of the system from the hair of the head to the nails of the fingers and feet.

Let us take the apple, for instance, which in value ranks among fruits equal to wheat among cereals. It contains sugar, the malic and tannic acids, gluten, pectin, fibrin, starch, traces of free salts and water. But little care the rosy, round-cheeked children who live on apples almost entirely from the time the August pippin turns yellow till Christmas-tide; they only know that their favorite fruit, with bread and butter and an occasional potato satisfies every need.

It appears in experiments with Alexis St. Martin, that a ripe apple in a healthy stomach ought to digest within an hour and a half from the time it is eaten, and stone fruits and berries in about the same length of time. In cases of poor digestion fruit ought to be taken with bread, not with vegetables or meats, or taken alone. Nor is fruit healthful to such when smothered with sugar and drenched in cream. It is only a perverted taste which demands sugar to make palatable perfectly ripened fruits and such a person knows nothing of the enjoyment to be derived from unmixed natural flavors skillfully compounded by the Great Chemist in nature's own laboratory.

In respect to food values scientists rank grapes next to apples. Schlickeysen terms one the king of fruits, the other the queen; in that case the berries might be members of the royal family, peaches, pears and plums, members of the cabinet, and tropical fruits, the foreign ministers.

To drop the simile and return to the value of fruit as food, it is only necessary to allude to the use made of the coccanut, the date, the fig, the pineapple and the bread-fruit by the inhabitants of the zones where such luscious fruitage freely flourishes. In the south of Europe figs constitute a large part of the dietary five months out of twelve. Arabs when crossing the desert will live for weeks upon a handful of dates per day. When the public games of ancient Greece were first instituted the atheletea were trained entirely on vegetable food. "At first," says Rollin, "they had no other nourishment but dried figs, nuts, soft cheese and a gross, heavy sort of bread."

In every nation a simple diet is the food of strong, healthy muscular people. "With respect to the Moorish porters in Spain," writes Capt. Chase, who commanded a merchant vessel which loaded at Spanish ports, "I have witnessed the exceedingly large loads they are in the habit of carrying and have been struck with astonishment at their muscular powers. * * * They brought their food on board with them which consisted of coarse brown bread and grapes." The modern Greeks are athletic and powerful, yet their food consists of black bread, a bunch of grapes and raisins and some figs, on which they breakfast and dine. The captain of a schooner some time ago came into Portland laden with barilla from the Canary Islands. He declared that he saw "four stout American laborers attempt in vain to lift one of the masses of barilla which the captain and mate both solemnly affirmed was brought from the storehouse to the vessel by a single man, a native laborer, where they freighted, and he subsisted entirely on fruit and coarse vegetable food." The boat men of Constantinople rejoice in a splendid physical de-

velopment, yet their diet is chiefly bread with cherries, figs, dates, mulberries or other fruits.

In short, the experience of mankind shows that simple food including much fruit, conduces to strength and longevity.

HYGIENIC VALUE OF FRUIT.

If it be generally known that all food is both nutritive and stimulative, it is not, certainly, remembered that on the proper balance between nutrition and stimulation, depends perfect enjoyment of existence and health.

These, in fact, are synonymous terms. To feel an abounding and elastic vigor, to have a continual sense of power, to be able to use body and mind at will in a world where everything around and above incites to exertion and attainment, are certainly what should be eagerly sought. Much as has been said upon the subject of diet in this regard, the use of pure fruits and grains cannot be too much insisted upon.

Among the authorities upon this subject are some of the most progressive physicians and scientists of the age.

Writing to the "Medical Classics" very lately, Dr. Ferdinand Seeger says:

"It is an observation not less important than true, that by attending merely to a proper diet, a phlegmatic temperament may frequently be changed into a sanguine one, and the hypochondriac may be so altered as to become a cheerful member of society. The eating of fruit at the commencement of a meal, while it presents a bland or congenial material to the delicate lining of the alimentary organs, forming a welcome precursor to more substantial articles, and is, to some extent, a safeguard against the over-feeding which comes from reserving the fruit till the stomach is already overloaded with enough, perhaps too

much, of other food. Fruits should be ripe when eaten on an empty stomach and for their laxative effect should be eaten before anything else. In this way constipation may, with many individuals, be avoided, especially when the quantity of other articles of the meal is within reasonable limits."

Dr. Seeger continues:

"If our bilious friends would throw aside their liver pills and study nature in her most smiling and bounteous mood, would allow her to tempt them as Eve tempted old Adam, they would take to fruit, and by pleasant, natural and healthful methods, free themselves of the thick bilious impurities which make them a nuisance to themselves as well as to all around them. Biliousness is one of those demons that can be pretty well exorcised by proper diet and due amount of exercise. Acid and astringent fruit being rather a medicine than food, is less hurtful to the healthy, and to children, than is commonly supposed. Instead of being noxious, as some imagine, in inflammatory disorders, it is of the greatest service. Persons of a thick and languid blood cannot eat anything more conducive to health than fruit, as it possesses the property of attenuating and putting such blood in motion."

In "Eating for Strength" Dr. Holbrooks quotes from a physician as follows:

"There is scarcely a disease to which the human family is heir, but the sufferings therefrom would be greatly relieved or entirely prevented by the use of fruits which are now so generally forbidden." He relates that during the war many of the troops who were sick with diarrhoea and dysentery cured those disorders by stealing from the hospitals into the fields and eating fruits, blackberries especially. Children suffering with cholera infantum were sent to the peach orchards of Delaware with the most gratifying results; and in typhoid fever, that dread disease often takes a more favorable course where the free use of

such fruits as peaches and grapes is allowed. In scarlet fever and diphtheria, native and foreign fruits are most useful. He concludes: "There is scarcely a disease accompanied with fever but grapes and bananas may be freely given to the patient. In the treatment of dysentery I would very much prefer ripe, sound fruits, peaches especially, to any medicine that can be suggested."

Confirmatory of the therapeutic value of fruit is a remarkable cure recorded in an English Medical Journal, "The Lancet" some time ago. The case was that of a child three years of age who had been ill during half his lifetime. Covered from head to foot with ulcers, blind and in constant pain it seemed as if death alone could bring relief. Eight eminent medical men had pronounced him incurable and the ninth began his almost hopeless task with a determination to try the virtue of fruit. The boy's diet consisted almost entirely of ripe fruits and sugar or honey. He was allowed to eat grapes, cherries, apples, pears, plums and such other fruits as could be obtained, either in their natural state or cooked.

Within three days the mass of running ulcers which covered the little body showed signs of amendment. He soon began to open his eyes for the first time in over a year, and at the end of three and a half months the child was pronounced cured. His skin had become remarkably clear and fair while the swollen features had returned to their wonted appearance. Other noteworthy cases might be repeatedly cited, but all illustrate the same important principle.

It is a curious fact that those who show high intelligence in other regards, are often lamentably deficient in respect to physical habits, especially to diet.

Although the climate of the United States incites to too rapid expenditures of vitality so that the "nervous American temperament" has made for itself a name the world over, men usually eat and drink the most stimulating food they can procure. The serene, steady, self-poised person is the exception, certainly in towns and cities. The excitable temperament "grows by what it feeds upon" and the animal propensities are strengthened at the expense of the higher faculties.

It would be bad enough were this state of things induced by a fierce struggle for existence, but such is not the case. With stores of fruitage from every country upon the earth, it must be conceded that choice, not compulsion, decide what shall be the dietary of our country people.

To quote from Schlickeysen's "Fruit and Bread:"

"The various grain foods in the form of puddings with fruit sauce will make an abundant dinner. Thus supported by all the enlivening influences of light and air, the whole system improves as if infused with a new life. The muddy complexion clears, the pimples depart, sores heal and there is a pure, sweet taste in the mouth, in short a new man is born. The advantages of this diet are so conspicuous that we willingly bid defiance to all those hindrances that obstruct its enjoyment."

Among fruits the physiological effect, of grapes is most marked. Dr. Holbrook states that, "Eaten with other suitable food, and especially with bread, in quantities of from one to two pounds daily, they increase nutrition, promote secretion and excretion, improve the action of the liver, kidneys and bowels and add to the health." Great efficacy has been attributed to the grape cure and it is used in a great variety of cases, such as consumption of the lungs, catarrh, affections of the liver, scrofula, asthma, and diseases

es of the kidneys. The use of the grape juice also, is largely on the increase and it is recommended by physicians of every class.

Regarding other fruits, it is hardly within the province of this book to mention the therapeutic qualities they are believed to possess. All the world highly esteems the properties of the orange and greatly prizes the lemon and the lime; the strawberry has been known to cure malarial fevers, and figs and prunes, dates and bananas, cherries and peaches are all distinguished for their healthful qualities. They should not be eaten uncooked after a hot meal, when the stomach is in a relaxed condition, but at proper seasons they can supersede the use of medicine.

INCREASE IN THE USE OF FRUIT.

To woman the increased culture of fruit is a peculiar blessing. Unless the housewife be hopelessly wedded to the old custom of providing heavy meats, rich puddings and dyspeptic pastry, there is no reason why she may not by the use of fruit, furnish a large and practically endless variety of dishes, one day after another, all through the year.

The work of food preparation too, is reduced to its minimum, and how vastly more agreeable to a woman of refinement is the handling of fruits than that of a greasy animal food!

To the horticulturist the world owes more than can be estimated. To tame straggling brambles and wild trees into prolific subjection, and cause them to shower their melting and aromatic sweetness upon mankind, is to greatly help the march of true civilization.

Within the last decade a great change has taken place

in regard to the use of fruit and the end is not yet reached. Time was when apple orchards, and a few pear and plum trees with unkempt currant bushes were all that could be found in large sections of most of the Northern States, and peaches and melons satisfied the gardeners of the south. Barefooted children and weary women, tin pails in hand, during the season wandered far and wide over rough pastures, through briers and up steep hillsides in search of wild berries. Then a little stewed sauce, some pies, and a few quarts dried among the flies of the kitchen, were all that could be expected in the way of fruit, save the bins of *Seek-no-further*s and *Greenings* which were, indeed, a treasure. No, not quite all. Every thrifty housewife had a few jars of "preserves" made in the old way of "pound for pound." They justified the name since they were "preserved" for such occasions as the "minister's" visits, company from a distance, or a quilting bee.

Happily all this is changed. In every village lot ripen a few bushes or a bed of berries to which the youngsters have access, and outside of the great cities that family must be poor indeed which does not grow a quantity of fruit for the winter's use. It is marketed in such profusion and sold so cheap as to come within the reach of all, even foreign fruits having grown to be a necessity. Does one weary of the uncooked berry or drupe? There are preparations of gelatines, creams, blanc-manges, tapiocas, custards, charlottes, meringues, batter puddings, baked puddings, roly-polys and short-cake whose number is almost legion. Nearly one hundred dishes can be made out of apple alone, to say nothing of all other kinds, natural and imported. The wholesome and aesthetic influence of their culture and

preparation is something which must appeal to all who possess delicate sensibilities or an appreciation of the beautiful.

It is impossible to obtain accurate data concerning the increase in the use of fruit, but it is certain to be greatly in excess of the popular estimate. The gentleman to whom was consigned, in 1871, the first car-load of California grapes, (or fruits of any kind), confidently asserts that there has been sold in the city of New York during the year 1883, three times as much fruit as during the year 1886. During the season from five to twenty-five car-loads of fruit per week, shipped from or near the Pacific Coast, reached New York in 1889, and most of it was sold at auction, a late and favorite method of disposing of this perishable commodity. On each car-load the freight alone amounts from \$450, to as high as \$600, or \$700.

This estimate is for green fruit. Dried prunes, apricots, peaches and raisins annually increase at an enormous ratio as growers learn how to cure and pack in such a manner as to compete with foreign horticulturists. Hence the business of handling, as well as growing fruits, is assuming vast proportions. All these facts indicate an amelioration of a heavy diet to one better fitted to the progress of the century.

It has been anticipated that the large supply of western fruit might discourage the growers of the eastern portion of the Union, but that hardly seems imminent. While California fruit is large, smooth and attractive in appearance, to many tastes it lacks that indescribable flavor which is the birthright of its cousin grown on the Atlantic slope. If one excels in size the other excels in intrinsic richness and the world can spare neither. Besides,

the market grows as fast as the production, and through increased facilities for transportation every hamlet in the country teems with such lusciousness as half a century ago it would be impossible for an emperor to command.

Fruit growing in Florida also shows an immense yearly increase. During the season of 1888-9, according to the Florida Fruit Exchange, 600,000 boxes of oranges were shipped to New York City alone. Of this fruit the first to arrive comes from Havana, followed by that from Jamaica and Porto Rico, afterward the productions of Florida and California. Then comes the Mediterranean oranges including those from Valencia, Messina, Palermo, Catania, Joppa, or the Holy Land, and Naples. The Sicilian oranges, from Palermo and Messina, are stored for summer use, thus not coming in competition with the fruit of our own country.

As an evidence of the quantity of fruit now used it may be stated that the value of Green and Dried Fruit Importations, including nuts, as reported at the Custom House at the end of the third week of June 1889, amounted in round figures, to the sum of \$217,000.

FRUIT AND TEMPERANCE. .

Many persons recognize only one kind of Intemperance, namely, indulgence in alcoholic stimulants. In fact, intemperance in the use of food, more often than otherwise, precedes indulgence in the use of liquor. Whip the digestive organs into excessive activity by eating rich viands, condiments and spices, and after awhile they refuse to act except when spurred by stimulants. A morbid appetite is thus formed and in the struggle between appetite and principle, the weak will yields the struggle.

It seems unnecessary to review the powerful arguments on this point which able writers have so often placed before the public, but wives and mothers cannot hear these lessons too frequently. When housekeepers learn that undue exhilaration is always followed by corresponding depression and that food and drink which tend to inflame or excite, create a thirst for beer, wine, or brandy, they will forever dispense with highly spiced dishes.

Dr. J. C. Jackson, a man of great experience in treating the intemperate, writes these startling words:

“Drunkards are not made in saloons, they are simply graduated there. They take their initiation in their homes around their own tables. The father and mother lay in themselves the foundation and carry over to their children a constitutional liking for stimulants. This liking existing in the child as a tendency is developed under the table arrangements into an actual appetite. So from the eating of stimulating and exciting foods affecting the nerves of the stomach, arises an irritable condition of the nerves of nutrition and, by reflex action, of the nerves of taste, till there is awakened a longing for something to overcome the feeling of exhaustion which, where stimulants are not in use, is always noticeable and sometimes imperious.”

In the paper read before the British Association by C. V. G. Napier, F. G. S. that scientist took strong ground in regard to a farinaceous and fruit diet for the intemperate. He asserts that persons using such food without meats “feel no inclination for alcoholic liquors. I have noticed that a taste for spicy condiments, butcher’s meat and alcoholic liquors is associated, and that a taste for plain-flavored vegetables, fats and oils, is likewise associated. I have known persons in the habit of taking alcoholic stimulants daily, when eating meat, who find they must give them up entirely when living without meats, their action

under those circumstances being too irritating to be endured without great inconvenience."

One great help to the cause of temperance will doubtless be in the growing use of unfermented grape juice. It quenches the thirst and imparts buoyancy and strength without stimulation. It is nature's own wine and the more men use the natural production of the "herb bearing seed and the tree producing fruit," the better for mankind.

It is believed by those who have carefully studied the subject that "not more than one in ten who drink do so solely because they relish liquors." Often they are intemperate through unfortunate environments; sometimes through absolute hunger for nourishing food. There is a gnawing sensation in the stomach which can at once be stifled by a dram. Could the man have a good savory meal he would forget the liquor, since his craving would be satisfied in the only natural and wholesome way.

It follows that to know how to prepare good food, good in every sense and to every sense, is to know how to reduce dyspepsia to a minimum and to convert the incipient drunkard into a sober, well nourished member of society.

THE CULTURE AND PRESERVATION OF FRUIT BY WOMEN.

With every passing year the struggle for existence among workers is growing more sharp and doubtful. In our own country the history of poor in cities is a sickening blot upon Christian Civilization. Dragging out lives of destitution and horror, toiling with the needle in miserable unventilated rooms, these poor creatures dumbly plead for opportunities for more than an animal existence.

Many of them in this life are beyond and below such

help as the cultivation and preservation of fruit could offer; others have neither the money nor the desire for any other way of living than that of herding together in masses; but a certain percentage of the strongest and ablest could, once established in the country, support themselves by such avocations.

For instance, a thrifty woman rents or buys half an acre of land on which she plants half an acre of currants. They would require after that to be ploughed once a year and she would need help to pick them. If there is a glut in the market there is jelly or jam to be made and pure currant jelly is always in demand. Later on, spiced currants would find a ready sale. And this is only one of those small fruits which a woman can cultivate with far less expenditure of vitality than she is forced to spend in the use of the needle.

To take care of fruit is fatiguing work but what work is not? With 80,000 superfluous women in one state alone, not all, but many of them, self-supporting, it is not to be supposed they shall find work that is not laborious. That is not the question. It is, How shall women be able to secure the land and learn how to work it successfully? To the thrifty and energetic alone will it be possible to find the way, and their number will be so limited by the nature of things that there can be no danger their ranks shall be overcrowded.

Fruit culture by women is not a chimera. It has been successfully tried again and again. It does not pre-suppose that the culturist is compelled to do all the hard work with her own hands any more than that the farmer must do all his work without help.

As an example of what has been accomplished by one

delicately nurtured and physically weak woman it is well to recall the life and labors of Miss M. F. Austin, formerly a teacher in Nantucket and San Francisco, afterward a fruit-grower in Fresno County, California. There she purchased one hundred acres of land which she planted to vineyards and orchards of various kinds of fruit. "Associating herself in a co-operative home with two other teachers of kindred tastes," writes a friend after her death, "this blessed trinity remained unbroken for twenty years. In 1886, 6,000 boxes of raisins were raised, dried and packed and forty-five tons of apricots, fresh and dried, sent to market."

Through attention to business, intelligence and painstaking care these pioneer women made for themselves a beautiful home, where books, music and friends shed a grace over every function of life. Very lately two young women from Illinois have gone to Pasadena, Cal., and established a Woman's Fruit Preserving Union. They conduct the business themselves and have been successful, shipping goods to several of the large eastern cities.

While perhaps no more marked instance of fruit growing by women can be noted at present, it is true that numbers have been successful on a smaller scale. Others have confined themselves to the making of jelly, jam, and marmalade. One, residing in Brooklyn, N. Y., keeps a standing advertisement all the year round in a daily paper, offering home-made fruit preparations, which command a good sale and a large price. Her articles, it need hardly be stated, are admirably prepared and attractive to the eye.

Many others secure an income through the various Women's Exchanges which have come into vogue all over

the country. By this means they are saved from publicity, which so many dread, and from the care of finding a market, at a cost of five per cent on all sales. It remains for some enterprising woman to start Fruit Exchanges, where only this toothsome contribution to the dietary shall be handled, including the unfermented pure juice of the grape.



RECIPES.

THE APPLE.

“Red and russet and yellow
Lying there in a heap,
Pippins rounded and mellow,
Greening’s for winter’s keep.
Apples, scarlet and golden,
Apples, juicy and tart——”

Of all the fruits of the earth none can vie with the apple in point of usefulness to the inhabitants of the North Temperate Zone. It may truthfully be said that the apple holds the same relation to fruit that wheat holds to grains. Prepared in one form or another, the palate never wearies of the dishes which grow out of it as a basis or ingredient.

The apple tree is indigenous to the North as the orange is to the South. Travelers vie with each other in praising the beauty of the latter during the season of bloom, but there can hardly be seen upon all the round earth a fairer sight than an orchard in May-time. There is a piquant and peculiar richness in the fragrance, a hardy loveliness of bud and blossom upon the gnarled and ragged stems which the smoother and tamer orange misses. Each has its own beauty and its own usefulness. Yet are we apt to under-rate that which is common, in favor of its distant

cousins. Those poets who see a charm in common things have sung of its beauty. Bryant's "Planting of the Apple Tree," is one of his best efforts.

This tree, so slow and hardy in its growth will, under favorable conditions, witness the progress and decay of two centuries. It flourishes best in the United States in a belt running from the Eastern States to the West. Beginning to ripen in June, the fresh fruit can be kept, with proper care, to the succeeding June. The evaporated apple, carefully cooked, can hardly be distinguished from the fresh fruit, in place of which it can be used in the following recipes. Beloved of the robin and the bee, the small boy and the thrifty cook, the apple provides a large store of the winter's food and the summer's pleasure.

It is curious to observe that the wild crab-apple furnishes all the stock from which the nearly 1200 cultivated varieties have sprung. It was propagated by the Romans, who however, knew little of the value of the fruit as now developed by careful nurture.

Uncooked apples for eating ought to be perfectly ripe and only a very thin peeling should be removed. The more nutritious and aromatic portion of this fruit lies nearest the surface, hence apples baked or stewed in their skins have a more delicious taste and quality than when pared. To one who has a realization of health and the sweetness of simple foods, there is nothing better than a juicy Pound Sweeting, Baldwin, Russet, or Spitzenberg, out of which, with good, white-wheat bread and butter, a palatable luncheon may always be obtained. Chemists tell us that sugar, tannic acid, malic acid, albumen, gluten, pectin, fibrin, starch, traces of free salts and water, make up the bulk of apples, but rosy-cheeked, hardy children getting half their living from the products of the orchard, are practical examples of their value.

Physiologists assert that apples ought to precede the meal, not follow it, and that they need to be well masticated and insalivated.

Apples and Cream.—Pare and slice fresh, mellow, sweet apples and pour over them sweet cream. Dust very lightly with sugar and serve for a breakfast dish with or before the cooked grains.

Apples and Bread and Milk.—For this dish use perfectly ripe, mellow sweet apples. Pare and slice thin the uncooked apple into a bowl of rich milk and bread. For luncheon it is unrivalled. If preferred, bake the apples, unpeeled, in a slow oven, till soft. Then slice the fruit into the bread and milk.

Apples Stewed, No. 1.—Take firm, sound sweet apples of the same size, cut out the blossom ends and simmer slowly in a little cold water, an hour, or till they are soft. Lift them out entire, sweeten the juice, if at all, very little, flavor with lemon peel if any is needed, and serve cold with their syrup.

Apples Stewed, No. 2.—Wash, peel and core nice tart apples and stew in a little water till soft. Mash through a colander or coarse sieve, sweeten to taste and serve. A trifle of salt accentuates the flavor.

Apples Stewed, No. 3.—Peel, core and quarter the apples, dropping them into cold water to prevent discoloration. Make a syrup of sugar and water, the sweetness proportioned to the acidity of the apples, and let it come to a boil. Drop in the quarters, cover and cook till they are tender. Skim them out carefully and if the juice is very thin boil a little longer, then pour over the apples in the dish in which they are to be served. Season with nutmeg, cinnamon or lemon peel, or not at all.

Apples Stewed, No. 4.—Prepare as in No. 2. and cook the fruit in a pudding dish in the oven. Bake slowly and the fruit will turn a rich, deep red. They must be kept covered.

Apples Stewed, No. 5.—Boil one gallon of sweet new cider till it is reduced one half, then throw in some quartered apples with sufficient sugar to sweeten them. Let them boil slowly till the fruit is tender, being careful that it does not scorch and that the quarters do not break in pieces. It is a rich dish.

Apple Sauce with Boiled Cider, No. 6.—Peel and core a peck of sweet apples and put in a preserving kettle with sufficient sweet cider to cover them. Cut fine four quinces and add to the apples. Boil for four hours, skimming often and adding a pound of sugar an hour before taking from the range. Stir often to prevent browning.

Apples Stewed, No. 7.—Pare and core large tart apples, fill the centers with sugar and bits of butter, and arrange in an earthen pudding dish and pour around them half a cup of hot water. Bake till soft, then mash them with a wooden spoon and sweeten and flavor to the taste.

Apples and Quinces.—Pare, core, slice and stew until soft, half a dozen quinces, then add four or five times as many tart apples prepared for stewing. Simmer till soft, sweeten and press through a colander. Quince greatly improves the flavor.

Apples and Raisins.—Wash, seed, and steep the raisins till they begin to be tender; then add pared, cored and quartered apples and stew until they begin to be soft. Sweeten to taste and if liked, flavor with lemon peel. There should be three times as many apples as raisins. Evaporated apples soaked over night and cooked with raisins are nearly as good as fresh.

Apples Frosted.—Peel, core and steam till tender, a plate of apples with sugar. Beat the white of an egg to a froth, adding two tablespoonfuls of sugar, and when stiff like icing, frost the apples and brown slightly in the oven.

Apple Green-Caps.—(The Cook's Guide). Take sound apples, core without breaking and rub with cloth. Line a preserving pan with grape-vine leaves, place in the apples, cover with more leaves and cold water. Shut the lid, place an iron weight on it and simmer till the apples are cooked but whole. Remove and drain, smear each with the beaten white of an egg and dredge thickly with powdered sugar. Place them on a plate in the oven till frosted and sparkling. Arrange on a flat dish and place around them any pretty bright leaves.

Apples Baked, No. 1.—Peel and core large sour apples and slice them into a granite or crockery dish, sprinkling each layer with sufficient sugar to sweeten, with a dust of cinnamon or nutmeg. Add half a teacup of water to every quart of fruit, cover the dish with a plate, and bake slowly three hours. Let the apples cool in the same dish, and turn it out solid, like jelly, upon the plate in which it is to be served.

Apples Baked, No. 2.—Wash either sweet or sour apples, selecting those of the same size and variety, and bake in a moderate oven till they are entirely soft, turning the dish from time to time, so that they will cook evenly. If they are soft, pour about them a little hot water when they are set in the oven. If sour, use more water and either sprinkle sugar into it or dig out the core and fill the aperture with sugar. They should not be baked in tin. The juice makes a rich syrup which should be poured over the fruit after it is lifted into the dish in which it is served.

Baked Apples, No. 3.—Take large tart apples of a uniform size, wash, core and place side by side in a baking-dish. Fill each cavity with the best brown sugar, pour a cupful of hot water in the pan and bake in a warm oven.

When thoroughly done remove each into a flat dish with the exception of the softest one of all, and with it leave the juice. Remove the skin of this and with a silver fork and spoon mash into pulp, stirring it into the juice and adding a dash of cinnamon or nutmeg, one teaspoonful of butter and a pinch of salt. Pour this over the apples in the dish in which they are to be served. If the pulp is not sweet enough add sugar to taste. When cold it makes a delicious jelly, and the whole dish is unlike the usual dry baked apples which pass under that name. The addition of sweet cream makes the apples a perfect fruit.

Apples Baked, No. 4.—Peel and core, filling the apertures with seeded raisins, bits of citron and sugar and dust of lemon peel. Bake in a slow oven after brushing the apples with sweetened water and sprinkling them with fine bread crumbs browned in butter. Serve with cream.

Apple Float.—Peel and grate firm, ripe tart apples, and chill them while beating the whites of four eggs to a stiff froth, adding three tablespoonfuls of sugar at the same time. Flavor the apples with lemon and stir into the beaten egg. Again, stew the apples and strain, then mix with the sweetened and beaten whites, using three or four eggs to one quart of stewed apples. Flavor with either orange or lemon.

Apples and Cream.—Grate apples enough to make a pint of pulp and mix with a custard made with six eggs to a quart of milk. Serve with whipped cream.

Apple Shape.—Take a pound of sugar to a half pint of water; boil and skim; add one pound of pared apples, quartered, and boil until tender and clear. Then add the juice of two lemons and the yellow rind (grated) of one of them, press through a sieve, together with half a box of gelatine; previously dissolved. Stir until cool. Separate four eggs, beat whites to a stiff froth and mix it with the fruit syrup when sufficiently thickened and cool in a mould. The yolks of the egg make the sauce.

Apple Compote, German Style.—(Mrs. Bayard Taylor). Peel apples and remove the core so that the apple will remain whole and soak them a few minutes in cold water tinged with lemon juice to prevent discoloration. Fill the cavities with jelly or sweet marmalade. Place them in a stewing pan and pour around them water enough to nearly reach the fillings. Add to the water half a pound of sugar and the thin peel of half a lemon. Cover tight and boil till tender. Remove each apple carefully into a glass dish and pour over them a few spoonfuls of the liquor. Add a little sugar to the rest of the juice and boil to a jelly with which to garnish the apples.

Apple Pie, No. 1.—Line a deep pie-plate with paste and heap it high with sliced tart apples cut thin. Over the layers scatter about four tablespoonfuls of sugar, small bits of butter and flavoring of cinnamon or nutmeg. Cut a long narrow strip to press around the edge of the crust and over this press the upper crust to bind the two together. Prick the top with a fork or before putting it in place cut a small cross in the center. This is the usual way of making a sliced apple pie, but it is better to put sugar and spices at the bottom before slicing in the apples. Bake forty minutes.

Apple Pie, No. 2.—Prepare apples and paste and heap high the fruit in the crust without seasoning. As soon as it is done take the pie from the oven, slip a knife between the crusts at the edge and carefully invert the top. Then with a silver knife and fork mash the steaming apple and add sugar, a trifle of lemon or cinnamon and a teaspoonful of butter. A couple of tablespoonfuls of thick sweet cream are a great addition, but it is good without. Serve warm.

Apple Pie, No. 4.—Take sour apples and peel, core, stew, sugar and strain them as for apple sauce; then bake between two crusts.

Apple Pie, No. 5.—(Mrs. Potter).—A cupful and a half

of thick sour milk, half a cupful of sour cream or a dessert spoonful of butter, half a teaspoonful of soda, a pinch of salt and flour enough to make a stiff dough, will make crust enough for three or four pies. Line the plates with the paste and before filling with sliced apples put into each plate two tablespoonfuls of sugar, one of flour and whatever spice is desired. Thoroughly mix these and spread evenly over the bottom crust. After the plates are filled with apples add one tablespoonful of molasses.

Into the upper crust roll thin shavings of butter sprinkled with flour, slash tiny holes for the steam to escape, cover the pies, wetting the edges and pressing them closely together. Just before baking dash cold water over top crust, enough to thoroughly wet the flour. Bake slowly three-fourths of an hour. When done, with a tiny nosed toy-teapot pour into the pie, through one of the slashes in the crust, two tablespoonfuls of boiling water.

By stewing sugar and flour below the apple instead of above it, there is less danger of escaping juice and the apple is thoroughly cooked and deliciously flavored and jellied with the spicy thickened syrup boiling up through it.

Apple and Pineapple Pie.—Peel and core apples and divide them into eighths, with which fill a pie plate lined with paste. Meantime take three tablespoonfuls of grated pineapple, one tablespoonful of water, and three of sugar, and simmer together till the fruit looks clear. When the apple pie is taken from the oven remove the top, spread over the apple with the pineapple, replace the cover and set the pie away to cool before it is served. The seasoned pineapple will sweeten the apple.

Apple Custard Pie, No. 1.—Peel and grate sweet apples enough to fill a large cup and pour over it enough hot milk to nearly fill, with the addition of the apples, a deep piedish lined with paste. Beat it well, add one tablespoonful of sugar and one well-beaten egg. Flavor either with extract of lemon or half a teaspoonful of cinnamon or ginger according to taste. Bake with one crust.

Apple Custard Pie, No 2.—(Mrs. Smith). Line a pie plate with paste and half fill it with thinly sliced apples. Over them pour a custard made with three eggs to a pint of milk. Sweeten and season to taste. Bake in a moderate oven.

Apple Custard Pie, No 3.—Put through a colander one pint of stewed apples and stir into it three eggs, yolks and whites beaten together, half a teacup of rich sweet milk and a tablespoonful of warmed butter. Flavor with lemon or vanilla. Bake as in the preceding recipes, without an upper crust.

Apple Meringue Pie,—Prepare the apple as in the receipt above and mix with it the beaten yolks of three eggs and sugar to taste. Bake in a deep pie dish lined with paste and when done draw to edge of the oven and spread over the top the well-beaten whites of three eggs with as many tablespoonfuls of sugar. Return to the oven a few minutes to brown.

Apple Turnovers, No 1.—Make paste as for pies except a little less short, as it will absorb some fat, and roll out thin, about the size of a small dessert plate. Have ready nice, tart apple sauce seasoned to taste and drained of its juice and pile upon half the paste. Fold the other half over this, wet the edges and press them together so that no fruit may escape. Drop them, one at a time into hot fat or drippings and fry brown. First, drop in a piece of bread and see if the fat is the right temperature. Dust with powdered sugar and serve warm or cold. They are more wholesome baked. Any kind of stewed fruit may be used in place of apple.

Apple Turnovers, No 2.—(Miss Parloa.) Mix one pint of flour, half a teaspoonful of salt, two level teaspoonfuls of baking powder and three tablespoonfuls of sugar. Rub this mixture through a sieve and then rub into it three tablespoonfuls of butter. Now beat an egg till light and add to

it a generous half cupful of milk. Stir this liquid into the dry ingredients. Sprinkle the moulding board with flour and roll the dough down to the thickness of a fourth of an inch. Cut this dough into cakes the size of a saucer.

Put two tablespoonfuls of stewed, sweetened and seasoned apples on each piece of dough, fold over and roll up, pinching the edges together. Have on the fire a kettle containing hot fat five or six inches deep. When the fat begins to smoke put in a few turnovers and cook for eight minutes. Drain on brown paper. The apple, used in turnovers, may be flavored with either cinnamon or nutmeg.

Apple Pan Dowdy.—In the bottom of a deep baking-dish lay thin slices of buttered bread and let them extend up the sides. Fill in a layer of thin sliced apples, grate over nutmeg or sprinkle with cinnamon and turn over a cup of brown sugar melted in half as much hot water. Finish the top with another layer of buttered bread; cover it with an old plate and bake slowly an hour and a half. Invert it on a platter and serve hot with liquid sauce or cream.

Apples Coddled.—Peel and core sour apples and arrange them in an earthen or porcelain dish low enough to allow them to be covered. Fill each cavity with sugar and dredge sugar over them. Pour in a cup of hot water, cover closely and simmer in the oven or on the back of the range till the apples are soft. Lift them up without breaking, dust nutmeg into the syrup and pour over them in the dish in which they are to be served.

Evaporated Apple Pie.—Soak the apple over night and steam on the back of the stove till soft but unbroken. Line a pie-plate with paste and on it sprinkle one half a cup of sugar. Arrange the sliced apple over this quite thickly, dust with nutmeg or add a little lemon juice, dot with bits of butter, cover with a crust and bake.

Apple Dumplings, No 1.—(Mrs. Campbell). Make a

biscuit crust or potato crust by adding to six large potatoes, boiled and mashed, one cup of sifted flour and a teaspoonful of cold water. Dredge the board with flour and roll out, leaving the middle portion thicker than the edges. Fill with apples peeled and quartered and gather the edges of the paste over them. Then scald a cotton flannel pudding cloth three-fourths of a yard square, in boiling water. Wring it out, dredge it with flour and lay the pudding in it. Gather up the cloth, leaving room for the dumpling to swell and tie it very tightly. Boil for three hours. In turning out, press the water from the ends of the cloth, untie the bag and turn it away from the dumpling. Then invert a hot platter over it, turn the whole over again and serve at once. Steamed puddings or those boiled in a tightly covered tin pail are better than boiled dumplings, but some tastes cannot forego these old favorites. Apricots, peaches, plums, or blueberries, are good cooked in the same way.

For sauce to eat with this and any other pudding, cream together half a cup of butter and a cup of sugar, beating till both are white. Set the bowl in a pan of water and let it melt slowly. Just before serving, stir in slowly half a cup of hot water and nutmeg or any flavor desired.

Apple Dumplings, No. 2—(Mrs. Rorer). Into one quart of flour, rub a small half teacup of butter, a pinch of salt and two heaping teaspoonfuls of baking-powder; mix thoroughly and wet with one cupful of milk or less, even, enough to make a soft dough, according to the strength of the flour. Roll it out half an inch thick and cut out a round, three or four inches in diameter, according to the size of the apples. Put a pared and cored apple in the center of each circle of dough, fill the core aperture with sugar and a trifle of cinnamon, and carefully bring up the dough on either side and join together with a little pressure. Tie each in a flavored cloth and plunge in briskly boiling water. They must be kept boiling half an hour. If steamed, which is the better way, they should be cooked a little longer, ten or fifteen minutes. Serve at once, as

all steamed or boiled puddings become hard by standing. Serve with either hard or liquid sauce or with sweetened cream or hot molasses and a little butter. Peach dumplings are made precisely in the same way.

Apple Dumplings, (baked), No. 3.—Rub one large teaspoonful of butter into one pint of flour, sift in two teaspoonfuls of baking-powder, mix with three-quarters of a cup of milk and roll out one-fourth of an inch thick. Cut in rounds with a large cutter and into each circle put a tart apple, pared, cored and quartered. Pinch the dough together and place them, smooth side up on a buttered plate. Bake or steam from half to three-fourths of an hour. Serve with liquid sauce or sweetened cream.

Apple Tarts.—Roll thin strips of pie pastry and with a circular cookie cutter, make three times as many circles as are wanted. With a smaller shape cut out the center of two thirds of these and pile them on the remainder so that the tarts will have one thickness in the middle and three on the edge. Bake and pile each cavity with rich apple sauce with a teaspoonful of whipped cream upon that. Any stemmed fruit jam or jelly may be used instead of apples.

Apple Pudding, No. 1.—Pare and slice six medium tart apples and stew in a little water till soft enough to mash. Into the sauce stir one large tablespoonful of butter, three of sugar and the grated yellow rind and juice of one lemon. Into two cupfuls of grated bread-crumbs stir two tablespoonfuls of flour and mix with the apples and lastly mix in two well-beaten eggs. Bake forty minutes in a buttered pudding dish and serve with hard sauce. If it is too thick when mixed, add a trifle of water.

Apple Pudding, No. 2.—Peel, core and chip five, six or eight sour apples and roll stale bread crumbs very fine. In a buttered pudding-dish strew a thin layer of bread-crumbs, then of apple and again of crumbs till the dish is

full, having crumbs at the top. Over one cupful of good brown sugar and a rounded tablespoonful of butter, pour one cupful of hot water. Season with nutmeg, cinnamon or lemon-peel and pour over the crumbs and apples. Cover the pudding-dish, (one holding two quarts), with an inverted plate, and let the crumbs soak half an hour. Bake forty minutes. This makes a good plain pudding with or without sauce.

Apple Pudding, No. 3.—Prepare sour apples as in No. 2, and mix with six large tablespoonfuls of grated bread-crumbs, three eggs, yolks and whites beaten together, two-thirds of a cup of sugar, half a cup of Zante currants, the same quantity of seeded raisins, one heaping tablespoonful of butter, three of flour, cinnamon or lemon-peel to taste and half a cupful of fruit juice of any kind or of dissolved currant jelly. Stir in three tablespoonfuls of flour or enough for a thin batter and one dessert-spoonful of baking-powder. Steam in a mould or boil in a tin bucket three hours.

Apple and Rice Pudding, No. 4.—(Good Health) Steam one cupful of rice till it is soft, with which line a buttered pudding dish both on the sides and bottom, leaving a portion of rice for the top. Fill the space with thinly sliced or chopped tart apples and finish with the remainder of the rice. Put the dish in a steamer and steam till the apples are found to be tender by running a fork into them. Set it away to cool and invert the dish so that the pudding will come out entire. Serve with sweetened cream, thin custard or fruit sauce, or garnish it with bits of apple jelly and pour cream over the whole.

Apple and Rice Pudding, No. 5.—Boil a cupful of rice in twice as much water for twenty minutes, then spread it on a buttered pudding cloth. In the center of this place two quarts of apples, peeled and cut in eighths, then tie up the ends and corners tight and plunge in a kettle of boiling water. Cook for an hour never allowing the water to cease boiling and serve with hot sauce.

Apple and Bread Pudding, No. 6. Dip thin slices of stale bread in cold water and then slightly butter them. Put a layer of bread on the bottom of a buttered pudding dish, then a thick layer of sliced sour apples, sweetened to taste and seasoned with a sprinkling of cinnamon. Have another layer of bread, then one of apples. Turn over a few tablespoonfuls of water, cover with an old plate and bake in a moderate oven two hours. Serve warm with cream and sugar or liquid sauce. A richer pudding may be made with pouring over the pudding, in place of water, a custard made with one egg, half a cup of milk and one tablespoonful of sugar.

Apple Pudding, No. 7.—Invert an old tea cup in a two quart pudding-dish, then fill the dish nearly to the top with sliced tart and juicy apples. For the crust take two cupfuls of flour and from two-thirds to a cupful of cold water, according to the strength of the flour. Stir with a spoon, add two tablespoonfuls of melted drippings or butter and sift in at the last two full teaspoonfuls of baking-powder. Roll with as little handling as possible to the size of the top of the pudding-dish, cut a cross through the center and press firmly around the edges. Bake half an hour in a hot oven. Cut in sections and invert the crust on dessert plate. Lift out the tea-cup which will be found filled with juice leaving the crust light and dry. Heap on the crust the apples and juice and serve with cream and sugar or any favorite liquid sauce. It is a delicious substitute for apple pie. A variety of this pudding is made by adding a cup of sugar to the crust.

Apple Batter Pudding, No 8.—Make a batter of half a pound of flour and a scant pint of milk, with which, stir the beaten yolks of three eggs and a large teaspoonful of baking-powder. In a shallow dish filled an inch and a half deep with sliced and seasoned tart apples, pour over the mixed batter and bake from thirty to forty minutes. Pour over the crust the meringue made of the beaten whites, and three tablespoonfuls of sugar, and set in the oven to brown lightly.

Some prefer to mix the chopped apples with the batter before baking.

Apple Pudding, No 9.—Cook in a farina kettle two quarts of rich milk with a pint of yellow flint coarse Indian meal till it thickens. Take from the fire, stir in an additional quart of cold milk, two-thirds of a cupful of sugar, two table-spoonfuls of white flour, and lastly, one quart of finely chopped tart apples and two spoonfuls of cinnamon. Pour into a deep pudding dish and bake slowly. Stir often during the first hour, then bake two hours longer. It is best to cook it in a shallow pan of water. Eat with or without liquid sauce.

Apple Almond Pudding, No 10.—(The Cook). Peel and grate fine, eight or nine tart apples; blanch and pound fine half a pound of sweet almonds; mix the almonds with the grated apples. Add a little nutmeg, lemon-rind, half a teaspoonful of butter and sweeten to taste. When all these ingredients are thoroughly mixed together, add to them four well beaten eggs. Butter well a deep dish and place the mixture in it. Put in a good oven, bake until quite brown on both top and bottom. As soon as done turn it out on a platter and eat hot with lemon sauce. It may be preferred cold.

Apple and Tapioca, No 11.—Soak a teacupful of tapioca in four cups of water for three hours stir into it two large spoonfuls of sugar, and keep it in a warm place. Fill a two quart pudding dish three-fourths full of peeled and quartered apples. Pour over the tapioca, which must have been kept on the back of the stove, and bake in a moderate oven one hour. Serve with any favorite liquid sauce or with sweetened cream. Peel and core the apples and cook them whole, if preferred.

Apple Manioca Pudding, No 17.—Mix four table-spoonfuls of manioca with one quart of water, in a farina kettle, beat until it thickens. When it cools stir in two eggs

beaten together and one tablespoonful of butter, and sweeten to taste. In the bottom of a pudding dish place a layer of stewed and sweetened eighths of apples, flavor with lemon, pour over the manioca and bake.

Sweet Apple Pudding, No 12.—(Dr. Dodds).

2 quarts new milk.

1 quart sweet apple, finely chopped.

$\frac{2}{3}$ cup sugar.

1 pint (nearly), coarse corn meal.

Single handful white flour.

Time—three to four hours, slow oven.

Pare, core and slice the sweet apples, and chop them fine, having a full quart in all. Then put into a stone or earthen crock, or a farina-kettle, two quarts of the milk; if new milk cannot be had, add a cup of cream to the skimmed. Set it on the stove, and bring just to a boil: if heated in a crock, see that the milk does not scorch in the least. Then stir in the corn meal, and beat very thoroughly to remove lumps. The batter, when the meal has had time to swell, should be almost too thick to pour, or about the consistency of good corn mush. Let the mixture again come to a boil, and cook, stirring five to seven minutes; then remove from the fire, and add the quart of cold milk: this will make the batter thin enough to pour readily. Now stir in the apples, sugar and flour, and beat well. If the mixing has been done in a crock, set it directly into the oven; if in a farina kettle, pour the batter into a deep pudding-dish, and set it in the oven within a dripping-pan containing a pint or more of boiling water. Bake slowly, stirring several times the first hour; the pudding should cook from three to four hours in all, and be moderately browned on top when done.

This excellent dessert is served cold or warm (not hot), and without a dressing; though the juices of certain fruits, as raspberries, cherries, etc., make a very good sauce for it. In the mixing, molasses or syrup may be used instead of

sugar; but the pudding is less delicate to the taste. And when sweet apples are not to be had, those of a mild but rich sub-acid flavor can be substituted.

Grated Apple Pudding, No. 13.—(Dr. Dodds).

- 2 cups sour cream—or part sour milk.
- 3 cups grated (or scraped) apples, rather tart.
- 2 cups sifted white flour.
- 1 tablespoonful fine corn meal.
- 2 tablespoonfuls sugar.
- 1 teaspoonful soda, dissolved in boiling water.
- 3 eggs, yolks and whites separate.
- Time—40 to 50 minutes, slow oven.

Beat the yolks, whip the sugar into them, add the cream, apples, meal and flour, and stir well; then add the whites cut to a stiff froth, and also the dissolved soda, and beat thoroughly. Pour into a shallow pan, well oiled, and place immediately in a very moderate oven; or a better way is to set the dish in a dripping-pan containing boiling water. Bake from forty to fifty minutes. The pudding should not be more than an inch and a half or two inches thick when done; and it should be delicately browned, top and bottom.

Apple Pudding, No. 14.—Peel, core and stew whole in a very little water enough apples of a uniform size to fill the bottom of a flat pudding-dish, tart apples are best. Enough sugar should be sprinkled over them just before they are tender to season, perhaps two or three tablespoonfuls. Take them out of the stew-pan without breaking them and arrange them in the pudding-dish. Make a custard of a pint of milk and the yolks of three eggs by heating the milk and very gradually pouring on the yolks, a spoonful at a time, to prevent the curdling of the eggs. A heaping tablespoonful of sugar should be beaten with every yolk. Fill the core apertures with jam, jelly, marmalade or preserves of any kind, or with stoned and chopped raisins, or dates; pour over the whole the custard and bake till it is set, about a quarter of an hour. Cover the top

with the whites of the eggs beaten to a froth with as many tablespoonfuls of powdered sugar and set back in the oven for three minutes to brown. Chill on the ice before serving.

Apple Pudding, No 15.—Beat two eggs light, stir in a pint of milk, flour enough for a moderately thick batter and a heaping teaspoonful of baking-powder, then mix in one pint of tart chopped apples. Boil in a pudding mould or covered tin pail and serve with hard sauce, or with liquid sauce flavored with jelly.

Apple (Marlborough) Pudding, No 16.—Beat light the yolks of six eggs, gradually beating in two cups of sugar, stir in one quart of milk and a teaspoonful of vanilla or lemon flavoring. Take a pint of plain, unsweetened apple sauce in which, while warm, a tablespoonful of butter has been melted, mix with the custard, pour in a pudding-dish and bake in a quick oven from thirty to forty minutes. Beat the six whites of eggs till they are very stiff, gradually adding six tablespoonfuls of sugar, for a meringue. Pile them on the pudding and set back in the oven with the door left open, to brown.

Apple Slump.—This old-fashioned New England dish is made by paring, coring and quartering a dozen Rhode Island Greenings or any other tart and juicy apples. Turn over them half a pint of hot water and stew in a kettle on the back of the stove. In five minutes pour over them two teacupfuls of molasses, not syrup. Then make a crust of a heaping pint of sifted flour, one teaspoonful of sugar and two of baking-powder with sufficient sweet milk to make a soft dough. Roll this out and cover over the apples, which should be tender but not broken. Cover the kettle closely and let it cook for twenty-five minutes without lifting the cover. A good sauce is made by creaming a cupful of sugar with half as much butter and stir into it, just before serving, a scant cupful of either boiling milk or water with seasoning to taste.

Apple Eggs.—Peel and core six or eight apples, fill the cavities with sugar, arrange in an earthen baking-dish and pour around them a cup of boiling water. When baked pour over them four eggs, whites and yolks beaten separately, as for an omelet, and then cut into each other. Return to the oven till the eggs are set.

Apple Croquettes.—(Miss Parloa, in *Good Housekeeping*). Put one tablespoonful of water in the bottom of a sauce-pan, then put in a quart of pared, cored and sliced apples, seasoning, butter and sugar. Cover and place it where the apples will cook slowly. Mix one teaspoonful of corn-starch with a second tablespoonful of water. When the apples are tender add the corn-starch and stir well. Cook ten minutes longer. Beat two eggs well and stir them into the apple, cook for one minute longer, stirring all the time. Rub this mixture through a strainer, letting it fall on a buttered dish. Set away to cool; when cold shape into cylindrical form, roll in beaten egg and then in bread crumbs. Fry in fat for one minute and a half. Drain well and roll in powdered sugar. Serve hot. They are nice with roast duck or goose.

Apple Soup.—(German). Boil together two tablespoonfuls of washed rice, a teaspoonful of salt, six tart apples cut fine, leaving the peelings on, and two quarts of water. Cook half an hour, then rub through a sieve and return to the fire, adding half a teaspoonful of cinnamon, one cupful of sugar and a handful of finely cut citron. Boil together three minutes and serve.

Apple Omelet.—Beat four eggs stiff, whites and yolks separately, and cut the former into the latter at the same time sifting in two tablespoonfuls of powdered sugar. Pour into a greased spider and as soon as it thickens spread quickly with apple sauce sweetened to taste. Fold over, turn on a platter and serve at once.

Apple Fritters.—Into two beaten eggs stir one cup of

sweet milk and a pint and a half of flour with three teaspoonfuls of baking-powder. Mix in a scant pint of peeled, cored, and chopped apples and fry in hot fat, or, slice the apples thin and drop the slices into the batter.

Apple Graham Pudding.—Mix together three cupfuls of sifted Graham flour and one and one-half quarts of sweet milk; stir in the beaten yolks of three eggs, one quart finely chopped apples and then the stiff beaten whites. Beat well together, pour into a buttered pudding dish and bake slowly an hour and a half.

Apple Bread.—(Dr. Holbrook.) Weigh one pound of fresh, juicy apples, peel, core and stew them to a pulp in a porcelain kettle. Mix the pulp with two pounds of the best flour; put in the same quantity of yeast as would be used in common bread and as much water as will make a fine, smooth dough. Put into an iron pan and place in a warm place to rise and let it remain twelve hours at least. Form into rather long shaped loaves and bake in a quick oven.

Apple Pone.—Pare and chop a quart of sweet apples. Scald a quart of corn meal with a pint of boiling water, add new milk enough to make a stiff batter, then stir in the apples. Bake slowly in a close vessel three hours, or boil the same length of time, in a pudding bag, or steam in a mould.

Apple Brown Bread.—Into stewed and strained apple sauce, sweetened a little if the apples are sour, work with the hands equal parts of corn and rye meal fill the mass is of a moderate consistency. Thin with water if the apples are not juicy, and bake.

Apples Au Burre.—Peel and remove the cores from some fine flavored apples. Cut slices of bread the size of the diameter of the apple and lay them on the bottom of a well-buttered dish; on each slice place an apple; fill the aperture with brown sugar and a small bit of butter. Set

in a moderate oven and bake one-half hour, renewing sugar once or twice.

Apple Tart.—Slice up one or more nice, tart apples in a saucer, sweeten with white sugar, and cover with a moderately thick slice of bread buttered slightly on the under side. When the bread is browned, the apples, if of a tender kind, will be done.

Apples Fried, No. 1.—Wash and dry fair tart apples, removing the stems and blossom ends, core, but leave them entire. Slice thin and drop into a spider oiled or buttered, when the fat is hot. Turn to prevent scorching, and when tender and brown serve at once.

Apples Fried, No. 2.—Peel and core sour apples, then divide them into eighths, and sprinkle them with sugar, flour and bread crumbs. Cover the bottom of a stew-pan with a small piece of butter; when melted cover it with slices of apples, and fry yellow on both sides. When done place in a saucepan some milk, sugar, bread crumbs and currants; put the fried apples in, and let them boil up without breaking. Serve hot with the sauce left in the saucepan.

Apples Whipped.—One pint of the pulp of roasted apples strained, one-half pint of pulverized sugar, the whites of three eggs. Beat the whites of the eggs to a stiff froth, then add a spoonful of apple and a spoonful of sugar alternately, beating all together until the mixture stands perfectly stiff on the spoon. It will swell very much. Make a boiled custard of the three yolks of eggs, one pint of milk, two tablespoonfuls of sugar and flavor with vanilla. Place the custard in saucers, cover with the apple-sauce and serve.

Apple Cake, No. 1. (Helen Campbell.)—One quart of flour, one teaspoonful of salt and two of baking-powder sifted with the flour, one pint of sour, tender, peeled apples cut

in thin slices; half a cup of butter, two eggs, two cups of sweet milk, two cups of sugar.

Cream the butter and add sugar and yolks of eggs; stir in the milk and add the flour slowly, then add the stiff beaten whites of the eggs. Dust the apples with flour and stir them in last of all; fill the pans three-quarters full and bake in a moderate oven about half an hour.

Huckleberry cake may be made from the same recipe. Have the berries picked over, washed, dried and dusted with flour. It will take a pint.

Apple Cake, No 2.—Wash clean two cups of sliced dried apple, and soak over night; in the morning chop one half of them, and stew them all slowly in two cups of molasses, until they are dark. One cup of butter, two of sugar, two of chopped raisins, two-thirds of a cup of sour milk, four eggs, one teaspoonful of saleratus, five cups of flour, and all kinds of spice. Put together as directed for other cakes, and stir in the apple and raisins last. Bake in loaves in a moderate oven, from two hours and a half to three.

Apple Tarts.—Line deep patty-pans with thin pastry and on them spread sour apples cut into eighths and then cut in two. Pile up high, sprinkle with sugar and on each pour a teaspoonful of water flavored with lemon. Bake and serve with a tablespoonful of whipped cream on each tart. A deep pie-plate may be used instead of patty-pans.

Apples Gelatined.—Pare and core medium-sized tart apples and simmer till tender. Make a syrup of one-half pound of sugar for every pound of fruit with the liquor remaining after skimming out the apples. Boil and skim, drop in the apples which must be kept entire, and cook till they are clear. Slice a lemon for every six apples, take out the seeds, and cook the slices with the fruit. Skim out the apples and arrange in the dish on which they are to be served, place a slice of lemon on each apple, and into the syrup pour an ounce of gelatine which has been previously dissolved in half a cupful of cold water. Stir till smooth and

strain over the fruit. Set away to cool, and serve with cream. One ounce of gelatine will be sufficient for six or eight apples.

Apple Charlotte.—Butter a deep dish, cut smooth slices of bread and spread them with butter, and line the bottom and sides. Fill it with sliced sour apples. Sprinkle each layer of apples with brown sugar, also a few small bits of butter and season as wished. Soak some slices of bread in milk or water, lay them on the top and cover them with a plate and lay a weight upon that. Bake two and a half hours in a moderate oven. It should turn out whole. Serve with cold sauce.

Apple Butter.—Take sweet cider from the press, not more than a day old or alcohol will begin to form and the cider will have lost its fruity quality. Boil it down one-half and then add apples, pared, cored and sliced. There should be, by measure, slightly more than half as much apple as of boiled cider. Cook slowly and carefully, skimming whenever necessary, and stir with a long wooden paddle which reaches the bottom of the kettle. The apple is broken into one homogeneous mass like marmalade. When it begins to break sweeten to taste: it is more wholesome and appetizing if left quite tart. Good brown sugar is better than white. It can be kept any length of time in stone jars or wooden pails or firkins if thoroughly cooked. The usual apple butter sold in groceries is made insipid by too much sugar. The old-fashioned apple butter, less rich but more palatable, preserves the very essence of the apple. Season with spice to taste, if spices are desired, but the apple flavor is itself incomparable.

THE APRICOT.

"Pure saffron mixed with clearest amber stained,
The apricots."

This delightful fruit, in genus nearly allied to the plum, is less widely known than that of the peach which in many respects it closely resembles. In color a velvety yellow with the cheek exposed to the sun of a ruddy brown, it gives hardly a promise of the delicate flavor of the pulp. The apricot is propagated by budding on the stalk of the plum, wild cherry or peach. Like its kindred drupes it belongs to the order Rosaceae, and the blossoms appear before leaves are visible. A native of Armenia, it is cultivated in the United States and Europe not only for its flavor but because it ripens in June, before the peach comes into market.

But few recipes for the use of the apricot are given since in all cases it may be substituted for the peach, which is more universally cultivated.

Apricots with Rice.—Wash a cupful of rice and simmer in a farina boiler in a quart of new milk till soft and the milk absorbed, with a piece of lemon peel which must then be removed. Cool the rice a little and mix in four eggs beaten with as many tablespoonfuls of sugar; set it on the fire and let it come to a boil. Turn the rice into a round deep dish into the middle of which set a large deep cup without a handle. Smooth off the sides of the rice and set away to cool. When cold remove the cup and fill the cavity with stewed and sweetened apricots flavored with a trifle of lemon-juice. Serve with or without whipped cream piled

around the rice. It is needless to say that stewed or canned peaches, quinces, jelly, or jam or marmalade, may replace the apricots.

Apricot Fritters.—To the beaten yolks of three eggs, add nine tablespoonfuls of milk and stir in half a pint of flour. Split the apricots in two, dust with sugar, dip two pieces at a time in the batter and fry in hot lard.

THE BANANA.

Among the most important of all fruits is the banana. It is the especial food of the inhabitants of many tropical countries, since it grows rapidly and bears luxuriantly. It reaches a height of fifteen or twenty feet, the stem terminating in a tuft of leaves from five to ten feet in length and a foot wide. The whole plant makes a salient feature of the southern landscape.

No other plant yields so large a supply of nutriment, and according to Humboldt a given amount of land which would yield thirty-eight pounds of wheat or more than eleven times that weight of potato, would produce four thousand pounds of bananas. In its constituents it closely resembles the potato. With a little salt meat or fish the native West Indian thrives on bananas, and when compelled by necessity performs a good deal of labor upon that as a staple article of food.

Every year witnesses increased importations of bananas untill in the vicinity of the seaboard they can be purchased, in their season, from twelve to twenty-five cents per dozen. As a consequence new methods of cooking this esculent are continually sought.

Nor is this a matter of wonder. Bananas are readily

transported so that the route from New York to the Rocky Mountains is strewn with long, thickly studded stalks of this favorite fruit. "It is destined to be the fruit of the future," said one large importer. "Only one-tenth of bananas shipped perish before reaching the purchaser, a less percentage than that of any other tropical fresh fruit. Then it is cheap and easily handled. A lady can peel the banana without removing or soiling her gloves, a fact which has an influence in its favor."

It may be also added that housekeepers are learning various ways of using the banana. As it ripens every month of the year there is no day when it may not be seen upon the breakfast table or used as a portion of the dessert. During the year 1889 the consumption of the banana is stated by importers to be fully 33 1-3 per cent or one-third more than that of the year preceding. It is chiefly brought to our ports from the Bahamas and Cuba.

Bananas and Cream.—Peel, slice across the fruit and serve with powdered sugar and cream.

Bananas and Oranges.—Peel and slice six bananas, sprinkle with sugar and with a little orange juice between the layers, using one large or two small oranges for six bananas. Chill on the ice and serve with whipped cream.

Banana Fritters, No. 1.—(Mrs. Keeler.) Beat till light the yolks of two eggs, then add two large bananas cut in small pieces and beat till the mixture becomes a pulp. Add a teaspoonful of sugar, two teaspoonfuls of butter, a scant half cupful of milk, the whites of the two eggs beaten stiff and one and one-half cupfuls of flour with a scant teaspoonful of baking powder. Beat all well together with an egg-beater. Drop from the spoon into deep hot fat and fry a light brown. They should be like a puff-ball. Serve with half cupful each of sugar, butter and cream, creamed, the two first and then the last, with vanilla.

Banana Fritters, No. 2.—Beat together three eggs, stir in two cupfuls of milk and thicken with one pint of flour. Stir in two heaping teaspoonfuls of baking-powder and two thinly sliced bananas. Fry at once.

Banana Fritters, No. 3.—(Miss Parloa.) Pare and cut six bananas in slices about half an inch thick; put these in a bowl and sprinkle over them two tablespoonfuls of sugar and the juice of half an orange. Let this stand an hour or more. Beat two eggs light and add to them half a cupful of milk; pour this mixture gradually on one cupful of flour and beat very smooth. Now add one tablespoonful of olive oil or melted butter and half a teaspoonful of salt. Drop a few pieces of the banana in this; when each piece has been perfectly mashed with the butter, drop them, one by one, into boiling fat and cook until a delicate brown; it will not take more than two minutes. Take from the fat and drain on brown paper. Sprinkle sugar over them and serve immediately. The fat must be hot enough to float the fritters and about as hot as for frying doughnuts.

Baked Bananas.—Peel bananas and split lengthwise in halves, and place them, flat side down in a large baking dish. Sprinkle thickly with sugar a trifle of salt and cinnamon and dot with small pieces of butter. Pour half a tea-cup of water into the pan, being careful not to pour it on the fruit, and brown in a hot oven.

Banana Pudding.—Line a glass dish with thin slices of plain cake and cover them with thin slices of banana. Have a second layer of cake and banana then pour over them a very thin boiled custard. Serve with whipped cream piled on the top.

Banana Blanc Mange.—Into a quart of boiling milk stir four tablespoonfuls of corn-starch wet with a little milk and a quarter of a cupful of sugar. When it thickens set aside to cool. When cold stir in a scant teaspoonful of vanilla and two or three thinly sliced bananas.

Banana Short-Cake.—Cream one-half cup butter and

one cup of sugar, stir in one beaten egg, half a cup of milk, two cups of flour and two teaspoonfuls of baking-powder. Bake in two round or oblong tins. Over one cake spread a pint of whipped cream sweetened to taste, into which has been stirred one large banana sliced very thin. Lay the other over it and serve hot.

Banana Gems.—Beat together one cupful of sugar with three eggs, add one-fourth of a cupful of water and stir in one cupful of flour mixed with one teaspoonful of baking-powder. Stir in two thinly sliced bananas, and half fill cups which should be steamed one hour.

Banana Pie.—Beat the yolks of two eggs to a cream with one-half cup of sugar. Peel and mash two large bananas or three small ones, sift them and beat into the eggs together with one and one-half cups of milk or enough for a large pie. Bake with one crust, and when done cover with a meringue made of the two whites and two tablespoonfuls of sugar. Serve cold. Double the quantity baked in a deep dish without the paste, will make a pudding.

Fried Bananas, No. 1.—(Miss Parloa) For six bananas put two tablespoonfuls of butter in a cup and place on a part of the stove where it will heat almost to the boiling point; keep it at this temperature for fifteen minutes. At the end of this time a clear oil will be on the top and a sediment at the bottom. Pare the bananas and cut them in two lengthwise; roll these pieces lightly in flour. Now pour the butter into the frying-pan being careful not to pour in the sediment: let this butter get hot and then put the slices of floured banana into the pan. Fry brown on both sides, place on a hot dish, sprinkle with sugar and serve. (If a sauce is desired boil together half a cup of sugar and the same amount of water, flavor with anything liked, like orange or wine, and pour over it.)

Fried Bananas, No. 2.—Beat one egg to a froth into which dip scarcely ripe bananas cut in two lengthwise. Roll in sugar and flour, and fry brown.

THE BLACKBERRY.

This bramble, commonly found by the roadside and pasture lands of the country, has proved itself capable of remarkable development through cultivation. The stout prickles remain, but by proper enrichment of soil and "pinching in" during summer the size and productiveness of the berry has greatly increased.

Botany decides that the fruit is not a berry but a collection of drupes or seeds with one cell having each a single seed or kernel. But the term berry is popularly applied to several other small fruits which are not really berries, like the strawberry, which bears seeds upon the surface of a pulpy receptacle. However it will always be known as a berry and so this pleasant edible which is consumed in its natural state or in puddings, pies, jams and jellies, concedes as much to the dietary of the summer under one name as another. When fully ripe it is exceedingly wholesome and palatable, as also, the other fruits included under the term berries.

Blackberries, (Ripe) Select large, perfectly ripe berries, sprinkle them with sugar and smother them with whipped cream. Without the cream they may be eaten with sugar alone, or with a little thin syrup of sugar and water. They are excellent stewed, and make nice jam and jelly, pudding and pie.

Blackberry Pudding, No. 1—Beat three eggs, whites and yolks together, until light; into which stir two teacups of

milk, three and a half of flour, a pinch of salt, one tablespoonful of melted butter and two heaping teaspoonfuls of baking-power, beating all the time as the ingredients are added. Without delay stir in a pint of blackberries and turn the batter into a greased mould. Cover closely, stand in a kettle of boiling water and steam for three hours. Huckleberries, cherries, raspberries or finely cut peaches or apples may be made by this recipe. With any juicy fruit like cherries, for instance, drain the stoned fruit and thicken the juice with corn-starch or arrowroot, as described in the recipe for peach pudding, for the sauce.

Blackberry Pudding, No 2.—Into a pint of boiling milk stir two tablespoonfuls of corn-starch made smooth with a little cold milk. Then stir in two eggs beaten with two tablespoonfuls of sugar, or more if it is desired very sweet. Spread a cupful of blackberry jelly or jam in the bottom of a pudding-dish and over it pour the corn-starch and bake. Another variety is to use the yolks of four eggs with the corn-starch, and when it is baked (with the jam at the bottom of the dish) make a meringue of the whites and sugar. Brown five minutes in the oven, and just before serving dot the top with several teaspoonfuls of jelly. Any fruit, jam, or jelly is good with this pudding.

Blackberry Pudding, No 3.—Cream together a cupful of butter and a pint of good brown sugar, stir in four well beaten eggs and flour enough to make moderately thick. Pour the batter into a buttered pudding-dish and lightly lay over it a quart of ripe selected black berries. Do not stir them in but bake at once. Eat with sweet cream or liquid sauce.

Blackberry Roll.—Roll biscuit dough half an inch thick, spread with stewed blackberries and steam in a floured cloth. Leave plenty of room to swell and serve with liquid sauce.

Blackberry Mush, (Dr. Dodds).—Boil two quarts of blackberries in one and one half-pints of water in a porce-

lain kettle, heating it slowly. Then thicken it with Graham flour taking care there are no lumps, using one cup of sifted Graham to the above amount of water and fruit. Stir in also one cup of sifted white flour, cover the kettle closely and set it where the mush will continue to cook but will not scorch. Let it remain about ten minutes, stirring once or twice, then set it back on the stove and in a few minutes pour into a mould to cool. Dip the latter into cold water before filling it. Serve with mock cream, or cream and sugar.

Blackberry Minute Pudding.—Steep a heaping half-pint of blackberries in one full pint of water ten minutes. Make smooth four tablespoonfuls of flour in a little cold water and pour into the berries and boil, stirring carefully, till it thickens and the flour is well cooked. Serve with sweetened cream while warm, or mould in pudding cups and turn out to eat cold.

THE CHERRY.

The cultivated cherry is supposed to have its origin in Asia, though there are numerous species of wild-cherry indigenous to this continent. What country-bred child has not made wry acquaintance with the choke-cherry and its native black cousin?

From the Old World came the Ox-heart, the Duke, the Bigaroon, the Morello and others, yet they flourish apace in all our land. Loved of the marauding bee and climbing boy, in their tops the robin swings and sings his joy that Nature has here so plenteously furnished her family with store of food. Before a leaf has put forth its tender shoot the starry blossoms burst out in riotous joy that spring has come, till the tree is one huge bouquet of milky whiteness underneath which even the night becomes a

luminous haze. How swiftly the green fruit grows and blushes red beneath the ardent kisses of the sun till the entire tree drips with its pendulous globules of luscious fruitage and anon the season is over. For most perishable and swift-growing of all the offerings of the year, the cherry must be eaten only when it is perfectly ripe and used without delay. For a few days nothing can be more lovely in the way of fruit than a branch of Duke's or Morellos, with their clustered globes mingled with brilliant leafage.

Less than many other fruits does the cherry part with its flavor in cooking, so that in pie, pudding or pudding-sauce, in consomes and with spices, it still retains an appetizing individuality. It is especially fine for canning purposes.

Cherry Pudding, (Boiled)—Beat three eggs entire, then stir in two cups of milk and a little less than a quart of flour, enough to make a smooth batter,—a tablespoonful of melted butter or drippings, and lastly press through a sieve a trifle of salt and two heaping teaspoonfuls of baking-powder. Beat thoroughly and then mix in a pint of stoned cherries drained of their juice and dredged with flour. Turn at once into a buttered pudding-mould, or kettle, and cook in a kettle of boiling water for three hours. It must not stop boiling during that time. Serve with sauce for pudding.

Cherry Pudding, (Baked)—Beat together two tablespoonfuls of butter and four of sugar, and the yolks of two eggs; stir in two cupfuls of sweet milk, the beaten whites of the two eggs, and lastly two teacupfuls of flour into which two heaping teaspoonfuls of baking-powder have been sifted. Into the bottom of a large pudding-dish place a layer of pitted cherries a little over an inch thick. They should be sweetened and the juice drained out. Over them pour the batter and bake at once. For the sauce, take two cupfuls

of the cherry-juice, thicken with a heaping tablespoonful of corn-starch, and boil in granitized iron or a farina kettle. Sweeten with two thirds of a cup of sugar.

Cherry Pie, No 1.—Stone the common or sour cherries, which have a richer flavor than finer varieties, with which nearly fill a deep pie-plate lined with plain paste, after lightly washing over the crust with the white of an egg to prevent soaking. Over the cherries spread from one-half to two-thirds of a cupful of sugar and dredge lightly with flour. Cover with a thin upper crust with a cross cut in the center and press the edge firmly upon a thin strip of paste between the two crusts to retain the juice. Bake half an hour and when done dredge the pie with powdered sugar. Serve warm or cold.

Cherry Pie, No 2.—Line a very deep pie-plate with pastry, measure out one teacupful of sugar and spread half of it over this. On that sprinkle evenly one-half of two soda crackers rolled fine, and over that a teacupful of pitted cherries. Dot the fruit with fine pieces of butter, then put on the remainder of the sugar, then the crackers and again a teacupful of cherries. Pour over all a teacupful of cold water, and at once cover with the upper layer of pastry, prick with a fork and bake in a moderate oven half an hour. Dried cherries are almost as good as fresh baked after this rule. Soak them a few hours and drain off the juice, which is to be added in place of water before putting on the upper crust.

Cherry Toast,—Toast thin slices of stale bread and spread over them, while hot, a trifle of butter. Stew one quart of cherries either with or without the pits, adding half a cup of water, and pour over the toast in alternate layers of bread and fruit. Set away and serve cold. The cherries while warm should be sugared to taste.

Cherry Cups,—Sift together two cupfuls or one pint of flour and two teaspoonfuls of baking-powder and with water make a soft dough. Butter large cups and drop into

them a little dough, then a tablespoonful of stoned cherries; then dough enough to half fill the cups. Set them in a pan of hot water, put that in the oven, cover it and steam half an hour. Eat with cherry sauce or sweet cream.

Cherry Tapioca.—Mash one cup of tapioca and soak it in two cups of cold water several hours, then simmer it slowly in a pint of water till the tapioca is clear. Into the hot tapioca stir a large cupful of stoned cherries and sweeten to taste. Turn into a dish and set away to cool. Serve with sweet cream. In the same way make stewed apple tapioca, or orange, raspberry, strawberry, peach, apricot or plum. In this manner can be used any kind of jam or jelly, whatever may be left from partly used cans or glasses of jelly.

CHOCOLATE.

Chocolate and cocoa are both made from the seeds of the cacao tree which grows in the West Indies and Central and South America. It is an evergreen bearing flowers and fruit during the entire year. The beans are imported in a long pod containing each twenty or thirty beans in a sweet pulp. They are stripped from the pod, dried, roasted, ground by revolving grindstones, and sifted, after which the oily pulp is mixed with sugar, vanilla, cinnamon and cloves to make the chocolate of commerce. The partly dried pulp is pressed in moulds to expel the air and harden it into a mass, after it has been beaten and worked into a smooth even paste. It is sometimes adulterated with rice-meal, oat-meal, flour or roasted hazelnuts. Mexicans are fond of mixing it with maize-meal and spices. When not excessively sweet and spicy chocolate is nutritious and wholesome.

Chocolate Cake, No. 1.—Cream together three-fourths of a pint of powdered sugar and half a cup of butter, and to it add one quarter of a pound of grated chocolate, five tablespoonfuls of sugar and three tablespoonfuls of water, which have been stirred together over the fire till smooth. Mix thoroughly, then stir in three well beaten eggs, half a cup of milk, one pint of flour with which has been sifted two heaping teaspoonfuls of baking-powder. Bake in a moderate oven twenty-five minutes.

Chocolate Cake, No. 2.—Beat the yolk of one egg and stir into one-half cupful of milk, add one cupful of sugar and the same quantity of grated chocolate. Boil in a small saucepan, set in a larger till it thickens, then set aside to cool. Cream together one cupful of sugar, one-half cup of butter, stir in one-half cup of milk and two and one-half cupfuls of flour with two full teaspoonfuls of baking-powder. Flavor with two teaspoonfuls vanilla and stir in the perfectly cold chocolate mixture. Bake in jelly tins and between the layers put boiled frosting. To make this boil two cups of sugar and one-half a cup of water to a syrup then pour very slowly on the whites of two eggs beaten very stiff, beating all the while. Add a pinch of citric acid while beating. When cold spread over each layer.

Chocolate Pudding, (Good.)—Boil one pint of new milk in a farina kettle and while boiling stir in three tablespoonfuls of corn-starch or four of flour made smooth in two tablespoonfuls of cold milk. Mix in five tablespoonfuls of sugar after the milk has thickened, one-half cup of grated chocolate and two well-beaten eggs. Let it cook a few moments, just enough to set the eggs, then pour into a mould or the dish in which it is to be served. Cool on the ice and eat with egg sauce. Make this by boiling a pint of milk with a half teacup of sugar, and pouring in a little at a time, beating well, on the yolks of the beaten eggs. Flavor with vanilla.

Chocolate Macaroons.—Melt on a slow fire and in a tin pan three ounces of chocolate without sugar, then work

it to a thick paste with one pound of pulverized sugar and three whites of eggs. Roll the mixture down to the thickness of about one-quarter of an inch; cut it in small round pieces with a paste cutter, either plain or scalloped; butter a pan slightly and dust it with flour and sugar, half of each; place the pieces of paste or mixture in and bake in a hot, but not quick oven. Serve cold.

Chocolate Pie.—Measure out one cup and a half of milk with three tablespoonfuls of which mix three even teaspoonfuls of flour. Heat the remainder of the milk in a farina kettle and put one half square of grated unsweetened chocolate in a cup in the oven or in boiling water. When the milk comes to a boil turn it over the thickening, put back on the stove and stir till it is smooth, then pour it over two eggs beaten light with one half cup of sugar. Stir slowly till the egg is smooth, remove from the fire and mix in the melted chocolate with one scant teaspoonful of vanilla. When nearly cool bake in one crust and cover with a meringue of the whites of two eggs beaten with two tablespoonfuls of sugar. Brown slightly and cool before serving. Increase the quantity and bake in a deep dish without pastry if a pudding is desired.

Chocolate Cookies.—Beat together one scant cup of butter and two of best brown sugar and mix with the beaten yolks of four eggs, then the beaten whites. Stir in three cups of flour, one of grated unsweetened chocolate and three teaspoonfuls baking-powder. Roll out thin cut in shapes and bake like other cookies.

THE COCOANUT.

In the Isles of the Navigators, as in other tropical countries, nothing contributes so largely to the necessities of the people as the cocoanut. The Samoan chiefs assert that it was sent direct from Heaven. A visitor at the southern zone

writes, "Nothing is more acceptable to a tongue parched with tropical heat than its cool, palatable and refreshing milk, while its soft tender meat is fit for a meal."

The tree, which grows to the height of sixty to ninety feet, affords a large variety of useful productions. The nut is eaten both unripe and ripe, and the oil expressed from it is used both as food and for the purposes of illumination. The rich, sweet flavor of the cocoanut gives it an importance in the cuisine which is scarcely indicated in the accompanying recipes since it is chiefly used in cakes and custards.

The cultivation of the cocoanut has been successfully begun in the southern portion of Florida. The best trees produce about two hundred nuts per year. They are planted twenty feet apart and require little cultivation. The cocoa-tree is a graceful and beautiful tree even though it does not come to fruitage. About 19,000,000 cocoanuts entered the port of New York in the year 1889.

Cocoanut Pudding, No 1. (Helen Campbell.)—Soak one heaping cup of fine bread crumbs in a pint of milk, and cream together one cup of granulated sugar and butter the size of an egg. Add four well-beaten eggs, a tablespoonful of rose-water, half a teaspoonful of salt, a fourth of a grated nutmeg, and one freshly grated cocoanut or two cupfuls of the desiccated which have been soaked in milk an hour before using. Bake slowly one hour. Two of the whites of eggs may be made into a meringue with as many tablespoonfuls of sugar. After baking spread the pudding with the meringue and brown lightly in the oven.

Cocoanut Pudding, No. 2.—In a pudding-dish on the back of the range. Soak one half cupful of rice in one quart new milk two hours. Then add a full half cupful of sugar, one teaspoonful of cinnamon and one cupful of cocoanut, and bake in a moderate oven one hour. Stir occasionally during the first half hour.

FRUITS AND HOW TO USE THEM.

Cocoanut Pudding, No 3.—One quart of milk, four tablespoonfuls of corn-starch, one cup of sugar, a salt-spoonful of flavoring, four eggs and one cup of grated cocoanut. Boil the milk with the sugar and salt, dissolve the corn-starch in a little cold water, and add. When smooth and thick, stir in the eggs beaten well, the cocoanut and flavoring, and put in a large mould to cool. Serve with whipped cream or boiled custard.

Cocoanut Pudding, No. 4.—Thicken two cupfuls of milk with a scant half-cupful of flour wet with a little cold milk and stirred into the boiling milk, and when cooked stir in four tablespoonfuls of sugar and two stiff-beaten eggs. Boil enough to cook the eggs, stirring all the while, then add a scant pint of grated cocoanut and one teaspoonful of vanilla. Pour into a mould and serve with cream.

Cocoanut Sponge.—Half fill a glass dish with thin slices of plain, stale cake. Alternate them with layers of grated cocoanut, and pour over all a thin boiled custard made with the yolks of four eggs and a pint of milk sweetened to the taste. Serve cold.

Cocoanut Custard.—Mix a pint of milk with the milk of one cocoanut and half the meat grated, a pinch of salt and two tablespoonfuls of sugar. Beat three eggs leaving out the whites of two; into this stir very carefully and slowly the boiling milk. Set the saucepan containing the mixture in boiling water and let it thicken; then take it out and stir till cool. Pour it into cups and cover the whole with the whites of the two eggs beaten to a foam, with two tablespoonfuls of powdered sugar. Sprinkle them with grated cocoanut, then with powdered sugar, and set them in the oven a moment to brown.

Cocoanut Cookies. (Catharine Owen)—Mix together two cupfuls of flour, a teaspoonful of baking-powder and a good tablespoonful of lard rubbed into it; stir in one cupful of sugar, one cupful of grated cocoanut, and beat one egg with a cupful of milk; add a few drops of flavoring

and stir all very well together. If the paste is too thick to drop from the end of the spoon use a little more milk, drop in small cakes and bake quickly. In this way currant cookies may be made, substituting currants for cocoanuts, caraway seed, chopped hickory nuts, citron, or any spice may be used in place of the currants and the cookies called by the name of the ingredient.

Cocoanut Cake, (Good.)—Three-fourths of a pint of powdered sugar, one large tablespoonful of butter, half a pint of grated cocoanut, one pint of flour, one tablespoonful of baking-powder, and milk enough to make a stiff batter. Bake in shallow greased pans and scatter dry cocoanut over the top.

Cocoanut Desiccated. (Catharine Owen.)—This popular author says: "I prefer to prepare this myself as it is so much whiter and sweeter, and very much cheaper than when bought ready prepared. Choose a fine cocoanut, (as it keeps indefinitely, you may do several,) pare it carefully, wipe it to remove all specks of the rind, or, if very much soiled wash it, but dry it very carefully afterwards. Then grate it on a large, coarse grater, sprinkle it with granulated sugar, shake it up well and then dry on tin pans in a cool oven, with the door open, or in the hot sun, stirring it up now and then. It should not change color at all but be glittering white, and should be perfectly dry before it is put away. It keeps for months in tin canisters or wide mouthed bottles.

Cocoanut Potato Pie, No. 1.—Three eggs, one large potato, one-half cup cocoanut, one pint milk, one tablespoonful butter, sugar to taste, a little salt.

Boil and mash the potato, and add the sugar, butter, and salt, then the beaten eggs, and lastly the milk in which part of the cocoanut has been soaked. Reserve the white of one egg for frosting, add to it the rest of the cocoanut, and spread a little red sugar over the top.

Cocoanut Custard Pie, No. 2.—One pound cocoanut,

grated, one large cup powdered sugar, one quart milk, six eggs beaten to a froth, one teaspoonful nutmeg, two teaspoonfuls vanilla or rose water. Boil the milk, take it from the fire, and whip in gradually the beaten eggs. When nearly cold, season; add the cocoanut, and pour into paste-lined pie plates. Bake twenty minutes. It will make two pies.

Cocoanut Pie, No. 3.—Save the milk from a cocoanut and grate the meat; mix with the latter the same weight of sugar, half a cup of rich milk, or milk and cream, and the milk of the cocoanut. To this add three eggs, whites and yolks separately beaten to a foam, the whites last, and a half teaspoonful of lemon or orange extract. Pour into a thin paste in deep pie tins and bake half an hour.

Cocoanut Cake, No. 2.—Cream one cup of butter and beat in two cups of sugar, add the beaten yolks of four eggs then the stiff beaten whites, four and one half cups of flour, one cup of grated cocoanut and three heaping teaspoonfuls of baking-powder. Flavor with lemon and bake in oblong loaves. Ice the tops, over which scatter grated or desiccated cocoanut.

Cocoanut Jumbles.—Beat together one cup of sugar and one of butter, add the beaten yolks of two eggs, then the beaten whites, one teaspoonful of baking-powder, half a pound cocoanut grated, and flour enough to keep the dough from sticking when rolled out, no more. Sprinkle the tops with cocoanut and bake.

Cocoanut Balls.—One cup of fresh grated cocoanut, one-half cup of flour, the weight of the cocoanut in sugar, the beaten white of one egg, mixed together with a little milk if too stiff to shape. Roll into small balls between the palms and bake in a moderate oven.

Cocoanut Drops.—Beat to a froth the whites of four eggs, adding gradually one pint of powdered sugar, then stir in enough grated cocoanut to make it very thick.

Drop on white paper and bake. Desiccated cocoanut soaked in milk may be used in place of fresh.

Cocoanut Cones.—One pound powdered sugar, one-half pound grated cocoanut, whites of five eggs. Whip the eggs as for icing, adding the sugar until it will stand alone, then beat in the cocoanut. Mould the mixture with the hands into small cones, and set these far enough apart not to touch one another, upon buttered paper in a baking-pan. Bake in a very moderate oven.

Cocoanut Cracknels.—Into a pint of fine oatmeal stir four tablespoonfuls of fresh grated cocoanut or five of the desiccated with three tablespoonfuls of sugar. Stir into it half a cupful or one gill of boiling water and mix thoroughly. Turn it out on a rolling board, well floured, after it has stood twenty minutes to swell, and roll out a quarter of an inch thick. Put a little shred citron and a few currants into each cake, cut out with a biscuit-cutter, and bake in a slow oven. Let them stand exposed to the air a few hours to make them crispy, and they furnish a delicious cracker.

THE CRANBERRY.

This acid fruit, so much in request for jellies and sauces, is a native of every continent of the North Temperate Zone. It grows in marshy places, and its blossoms, of a beautiful rose color, give place to an abundant and piquant flavored fruit. The American cranberry is a larger plant and bears a larger berry than the foreign.

Cranberries spoil easily, but can be kept for some time in water. They should be cooked only in porcelain, granite or stone-ware, and should not be sweetened until they have cracked open, unless it is wished to preserve them whole.

Cranberry Sauce.—Pick over and wash the berries and cook with half as much water by measure as there are

berries. In fifteen minutes add the same quantity of sugar as of water, and let them steep, not boil, until they are done. Cool in a porcelain dish.

Cranberry Pie, No 1.—Scald the cranberries, sprinkle sugar on the lower crust, then put in a layer of berries; sprinkle with sugar, dot with small pieces of butter, pour in two tablespoonfuls of water, and dredge lightly with flour. Twist narrow strips of paste and cross the top, diamond-wise. Bake in a moderate oven.

Cranberry Pie, No 2.—Fill a paste-lined pie-dish with uncooked cranberries, and pour over them three-fourths of a large cup of molasses and sugar mixed in equal quantities. Dredge lightly with flour, and cover with a thin crust crossed in the center or pricked with a fork.

Cranberry and Raisin Pie, No 3.—Wash and chop coarsely three-fourths of a pint of cranberries and fill up the pint with seeded raisins. Sweeten them with one cup of sugar, pour them into a pie-dish lined with paste, dredge with flour, cover with paste and bake forty minutes.

Cranberry Rolly-poly.—For the crust mix together one quart of flour, two tablespoonfuls of butter or drippings, and sweet milk enough to make biscuit dough, with two dessert spoonfuls of baking-powder. Roll out a quarter of an inch thick, and in the center pile up cranberry jelly or jam. Wet the edges and pinch together then bake in a moderate oven three quarters of an hour, or tie in a thin cloth and steam an hour. Serve with liquid sauce.

Cranberry Dumplings.—Make a crust as described in apple-dumplings, and place cranberries instead of apples in the center. Bake, boil or steam, and eat with hard or liquid sauce.

Cranberry Batter Pudding.—Make as in recipe for cherry batter pudding, after scalding the cranberries, or make a rich biscuit dough into which stir a plentiful quantity of cranberries. Pour into a mould, and steam two hours and a half. Serve with sweetened cream.

Cranberry Pudding, No 2.—Pour enough boiling water on a pint of fine stale bread-crumbs to let them swell: in fifteen minutes stir in a tablespoonful of melted butter. When the crumbs are sufficiently soft add two eggs beaten light, yolks and whites together, and half a teacup of sugar. At the last stir in a pint of stewed and sweetened cranberries and bake in a buttered pudding-dish. It is improved by covering the top with the beaten whites of two eggs with two tablespoonfuls of sugar. Serve with liquid sauce.

Cranberry Pudding, No 3.—Butter very lightly thin slices of bread and arrange on the bottom of an oiled pudding-dish. Over it pour a layer of stewed and sweetened cranberries and over that a layer of bread, then of berries, with bread for the upper layer. Pour over the whole a cupful of sweetened cranberry juice into which has been stirred one beaten egg. Let it stand fifteen minutes and bake half an hour.

Cranberry Cracker Pudding, No 4.—Sift a heaping teaspoonful of baking-powder into a cup of fine cracker-crumbs and make into a thick batter with thin cranberry sauce sweetened to taste. Drop a spoonful each into buttered pudding cups, cover closely and set in a dripping-pan half filled with boiling water and bake forty minutes, closely covered, or, put them in a steamer for one hour. Serve with sweetened cream.

Baked Cranberries.—Fill a stone crock two-thirds full of nice cranberries, pour hot water over them and bake, covered, till they are tender. When they begin to grow soft stir in carefully half as much sugar as there are cranberries, and finish baking.

THE CURRANT.

The currant, a native of the temperate zone of Europe, Asia, and America, is one of the most healthful kinds of fruit known in the United States. Out of the sixty varieties cultivated more than forty are American.

These include those popularly designated as the white, the red, and the black currant. The first is a favorite table fruit, while the red currant is more generally esteemed for the purpose of jelly, jam, and acid flavoring for summer beverages.

As a table fruit, strip red and white currants together or either separately, from their stems, dredge thick with powdered sugar and pour over them either a little sweetened water or strained and sweetened currant juice. They may also be mashed and generously sugared but should not be served uncooked till perfectly ripe.

The Zante Currant.—This foreign fruit will no doubt one day be replaced by the dried Native American fruit, which, though less sweet, has more flavor than its distant cousin. Used with raisins and citron in cake and puddings it is less known as a sauce, either stewed alone or with raisins than it should be. It needs little sugar, is wholesome and easily prepared. Zante currants need much cleansing.

How to wash Currants.—Pour a pound of currants at a time into a deep dish, and over them pour a cupful of flour. With the hands rub the mixture thoroughly till the flour is incorporated with the fruit. Turn a portion of the currants into a colander and flood it with water. The dirt

will adhere to the flour and be washed away with it. Add fresh warm water and rub the fruit well between the palms and so continue till the water running through is no longer discolored. Drain well and pour the currants on a coarse clean cloth to dry on the back of the stove. When dried pick out all stems and stones and cover in cans for future use.

Currants.—Select large, ripe bunches of red or white currants or of both, sprinkle with sugar and serve unstemmed. Or, strip from the stems, mash a large cupful, squeeze through a cloth strainer, sweeten the expressed juice, and pour over the remainder of the fruit. Serve very cold. Again dip in frothed white of egg; while still on the stems, roll in powdered sugar and serve.

Currants Stewed.—Green currants are palatable stewed in an equal measure of water; sweeten them just before taking from the range. They need a large quantity of sugar.

Ripe Currant Pie.—Mash one cup of ripe currants and stir in three-fourths of a cup of sugar filled up with molasses. Gradually mix together three tablespoonfuls of water with two of flour, stir into the fruit and pour into a pie-plate lined with paste. Dot the surface with a few small crumbs of butter and cross the top with narrow strips of paste. Bake in a rather slow oven.

Green Currant Pie.—Strip currants two-thirds grown from the stems, stew till soft, and take from the stove. Sweeten to taste, and pour into a pie-dish lined with paste. Dredge lightly with flour, and put on a thin upper crust. Slash the top and bake half an hour.

Currant Meringue.—Crush a teacupful of ripe currants and sweeten with an equal quantity of sugar. Into the yolk of two eggs beat a heaping teaspoonful of flour and stir into the currants, adding a tablespoonful of water if they are not very juicy. Line a deep pie-plate with crust,

pour in the currants, bake, and then cover the top with a meringue made of the well-beaten whites with two table-spoonfuls of powdered sugar. Brown slightly in the oven and set away to serve cold.

Currant Fritters. (Zante Currants).—Two cups dry, fine bread-crumbs, two tablespoonfuls prepared flour, two cups of milk, one-half pound currants, washed and well dried, five eggs whipped very light, and the yolks strained, one-half cup powdered sugar, one tablespoonful butter, one-half teaspoonful mixed cinnamon and nutmeg. Boil the milk and pour over the bread. Mix and put in the butter. Let it get cold. Beat in, next, the yolks and sugar, the seasoning, flour and stiff whites, finally, the currants dredged whitely with flour. The batter should be thick. Drop in great spoonfuls into the hot lard and fry. Drain them and send hot to table.

Currant Pudding.—Beat two eggs light and stir into a cupful of sugar creamed with half a cupful of butter, stir in a cupful of milk, three-fourths of a pint of flour with two even teaspoonfuls of baking-powder and one cupful of currants. Bake in patty pans.

Currant Tartlets.—Line patty-pans with thin pie paste and bake. Fill them with currants stewed with one-fourth their measure of raspberries and well sweetened.

Currant Pudding, No 1.—Make precisely like cherry batter pudding, pour into a buttered mould and steam an hour and a half. Serve with currant juice thickened slightly with flour and butter rubbed together and made very sweet.

Currant Pudding, No 2.—Into a common bread pudding made sweeter than usual and very thick, stir one cup of ripe currants and bake at once. Serve with currant sauce.

Currant Pudding, No 3.—Toast stale bread, butter lightly and place on the bottom of a buttered pudding dish. Over it pour a layer of ripe currants sweetened with half

their measure of sugar, then another layer of bread toasted and again currants. Pour over half a cup of warm water and bake one hour.

Currant Short-Cake.—Make like strawberry short-cake (described under the head of strawberries), and serve without cream and while warm.

THE DATE.

“There dates of agate and of jasper lay,

Dropped from the bounty of the pregnant palm.”

No tree occupies so prominent a place in poem and picture as the date-palm with its plentiful fruitage of dates. It is associated with slow-moving caravans and dusky, turbaned Arabs, with the boundless desert and clusters of domes outlined against a cloudless horizon, with the camel and all the spices and poesy of the orient. In our prosaic hemisphere the fruit often becomes a shapeless mass of consolidated sweetness, coarse in taste and appearance. Yet the date-palm is known as one of the most highly-prized of all trees since its fruit furnishes food to millions of our race.

A native of the north of Africa and the south-west of Asia, the date forms the staple article of diet in Persia, Arabia, and a portion of Africa. It contains 58 per cent of sugar, besides a large amount of gum and other essential elements. It is used both when fresh and dried, besides furnishing wine and vinegar after distillation.

Nor is this the only value of the date-bearing tree. Food is procured from the undeveloped panicles of the flowers, the roasted seeds are made into coffee, while from them an oil is expressed; baskets are made from leafstalks,

and the leaves furnish mats, bags and material for thatching. Buildings are made from the wood of the palm and cordage from its fibers, so that no portion of the precious growth goes to waste.

The free use of the date is considered most wholesome. In place of citron especially dates may be used to advantage in many kinds of cookery. They should be pulled apart by the fingers and washed in water so thoroughly as to remove the dust which may have clung to them while drying in their not too cleanly Eastern home, and drained. Remove the stones with the fingers or with a small sharp knife.

Date Sauce.—Prepare apples as for apple sauce, and partially cook. Add an equal quantity of dates and a little sugar and continue stirring until the latter fruit is tender. Serve warm or cold.

Date Pudding.—Chop fine one cup of suet and beat it with one cup of sugar and the yolks of two eggs till light. Then add a teaspoonful of cinnamon, the well-beaten whites of two eggs, and lastly one teaspoonful of baking-powder. Mix well and stir in one pound of dates stoned and chopped fine. Boil or steam three hours in an oiled mould or pail. Serve with hard sauce. The dates may be replaced with figs, candied cherries, plums, raisins, or currants.

Date Pie, No 1.—Soak one pound of dates in warm water overnight, then stew and sift the same as pumpkin. This will make three pies. Into the pulp stir three beaten eggs, a teaspoonful of cinnamon, add milk enough to fill the plates and sugar to taste. Bake with one crust.

Date Pie, No 2.—Bake the stoned fruit, either with or without apples, between two crusts. First stir them into a pulp with a little warm water. After filling the under paste, sweeten them, dredge with flour, cover with the second paste, and bake in a quick oven.

Date Puffs.—Cream together one cup of sugar and one-fourth as much butter, and into it stir two beaten eggs, four tablespoonfuls of sweet milk, flavoring to taste, and one large teaspoonful of baking-powder sifted with flour enough for a rather thick batter. With this half fill oiled cups, then put in a large tablespoonful of stoned dates and over these a spoonful of butter. Steam or bake, and serve with sweet cream. Oranges, peaches, apricots, figs. or canned fruit drained of its juices may be used in place of dates.

Date Mush.—Into a kettle of boiling water stir slowly coarse wheaten flour, either the crushed wheat or Graham flour. It will take about two cups of flour to thicken a little more than two quarts of water. It should be slowly sifted through the fingers to prevent lumping. Let it boil, with little stirring so as not break the granules, over a moderate fire for ten minutes. Then stir in a pint of fresh dates and let the mush cook five or ten minutes more before removing to the back of the stove. Serve warm or cold. If the latter, mould the mush in small bowls. Invert them on small soup plates, and eat with cream or fruit juice. This makes an excellent dish for breakfast or luncheon.

The following recipes are from Mrs. Eleanor W. F. Bates in *Good Housekeeping*, and are original with that lady, who deserves the honor of having added several wholesome dishes to the repertoire of the fruit-loving housekeeper.

Date Bread.—At night set a sponge of one quart of lukewarm water, three pints of common white flour, half a teacupful of potato yeast and a teaspoonful of salt. Set it in a warm place to rise, and in the morning add one-half cupful each of molasses and sugar, and about five cupfuls of whole wheat flour. This recipe makes three good-sized loaves, and one or two may be reserved for plain bread if you wish; but for each loaf of date bread stir in a pint (slightly heaped) of the prepared dates. Rise again and bake in an oven not too hot at first, but increasing in

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fervor toward the last of the baking. Three-quarters of an hour should produce loaves of a rich brown, moist and tender throughout. Do not cut the loaves for at least twelve hours. This bread is a great favorite with children, and in point of wholesomeness and deliciousness is almost the ideal food.

Date Cake.—Beat together a slightly heaped cupful of sugar and a half cupful of butter, add two well beaten eggs, one-half teaspoonful essence of lemon and a scrape of nutmeg; add one cupful of sweet milk with one teaspoonful of saleratus dissolved in it; finally add two and one-half cupfuls of flour with two teaspoonfuls of cream of tartar sifted through it. Stir gently into this creamy mass a well heaped cupful of prepared dates. Bake in a shallow pan and cut in squares. Your family will cordially invite you to repeat this cake as often as your time and strength will permit.

Date Sandwiches.—Cut white or Graham bread in thin slices, trim off any hard crust that may cling round the edges, butter thinly, then spread on one slice of prepared dates. They will need to be gently coaxed, rolled and spread with a silver fork to make a smooth layer. The dates having accommodated themselves to circumstances, cover with another thin slice of the buttered bread and press the two sides gently together, after the well-known manner of sandwiches. Serve while they are newly made. Your guests will probably consider this dish a distinct novelty.

Date Pudding.—Almost any recipe that has a layer of jam or jelly as part of the rule may be beneficially changed by substituting a layer of dates. The following formula has been used with success, and is recommended as easy to make and gratifying to the taste: Butter a pudding-dish and sprinkle on the bottom half a cupful of dry bread crumbs wet with a very little milk; cover with a layer of the stoned and washed dates. The next layer should be bread-crumbs as before, the same amount, and moistened with milk still cautiously. Now heat one quart of milk

and when nearly boiling take it from the fire and add gradually the yolks of four eggs which have been previously beaten with a half cupful of sugar; add the four beaten whites, stirring them in lightly. Return this to the fire and stir till it begins to thicken. Take once more from the fire, add the veriest speck of salt and a small half teaspoonful of vanilla. Put the custard, a spoonful at a time, upon the layer of crumbs—not to disturb them—and bake until handsomely browned on top. Eat lukewarm or cold, not hot.

THE FIG.

The fig-tree, noteworthy from the fact that it is the first-mentioned in the Bible, belongs to a family both numerous and widely scattered. Among its members are the bread-fruit of the Pacific, the upas and the India-rubber trees of Java, the banyan of India, and the mulberry and Osage orange of the United States.

Most highly prized of all is the fig-tree, the productions of which form an important article of commerce from the Mediterranean. They are dried in the sun and containing so much grape sugar as to need no other preservative. This fruit flourishes only where the late summer is warm and dry, so that the trees are often destroyed even in Florida, where they form a characteristic portion of the landscape. On the Pacific coast the fig flourishes unscathed, so that the fortunate planter there can literally sit under his own vine and fig-tree, in southern localities, all the live-long year.

The fig-tree was common in Greece during the Platonic era, and, following the course of empire westward became acclimated in all the warm countries of the world. Its yearly consumption is constantly increasing. Great Britain

alone importing the fruit to the value of over a million of dollars annually. In this country the fig has an enormous sale.

It would seem that the English forefathers recognized the value of fruit fully as much as in the 19th century. Of the famous men of the reigns of Edward VI, Mary and Elizabeth, no one ranked higher, as botanist and physician, than William Bulleyn. There are prose writings of the good William which attest his wit and shrewdness. Among other things he says: "Figges be good against melancholy and the falling evil (epilepsy), to be eaten. Figges, nuts and herb grace do make a sufficient medicine against poison or the pestilence."

Figs are excellent at breakfast or lunch just as they are brought from the Levant. A correspondent of the *Dietetic Reformer*, a London Monthly, gives this combination of

Figs and Rhubarb. (Pie Plant).—Cut the rhubarb into pieces about two inches long, without peeling, also cut the figs into small pieces, adding sugar and water according to taste. Stew in a rather slow oven so as to retain the shape of the rhubarb. The following combinations are nice; viz: rhubarb stewed with either lemons, raisins, oranges and ginger.

Fig Pudding, No. 2.—Mix together one cup of molasses one cup finely chopped suet, an even teaspoonful each of salt and cinnamon, half a nutmeg, one pound of figs cut in fine pieces, and two well-beaten eggs. Dissolve an even teaspoonful of soda in a little hot water, stir into a cup of milk, and add this to the mixture. Then stir in four cupfuls sifted flour, beating thoroughly. Butter a pudding mould or high tin pail, pour in the batter, cover closely and set in boiling water, which must be kept boiling for three hours. Eat with or without sauce made of the yolks of two eggs, stirred into creamed butter and sugar, and heated till the egg thickens.

Flavor with lemon and cinnamon. A cup of sugar may be substituted for the molasses, in which case use only three cupfuls of flour.

Fig Pie.—Make a thin rich crust for the bottom. Let it come to the edge, and bend it upward just enough to hold the filling, but do not make a thick ridge of crust. For a medium-sized pie take half a pound of figs, chop them fine, and cook with the addition of a cup of cold water. When the figs are soft and smooth, put in the crust and bake. Make a meringue of the whites of the eggs, beaten stiff, with two tablespoonfuls of sugar; flavor with vanilla, and without taking the pie from the oven, as soon as the crust is done, spread this over the top, and let it brown for a minute or two, not longer.

Fig and Potato Pudding.—To one half pint of par-boiled sweet potatoes pressed through a sieve, one half pint of figs chopped fine, the same measure of fine bread-crumbs, a cup of fine seeded raisins, half a cup of butter, the same quantity of sugar, add three eggs, a large cupful of milk and a little cinnamon. Soak the bread-crumbs in the butter, heat together eggs and sugar into which stir, first the potato pulp and then the bread-crumbs, figs, suet and spice. Pour into a buttered mould or tin pail, and boil three hours. Serve with liquid sauce.

Fig Pudding.—Chop together one pound of figs and one pound of fine bread-crumbs, add one pound of chopped beef suet and one pound of brown sugar, a cup of milk and six well-beaten eggs. Boil or steam three hours in a buttered mould, and serve with cream or liquid sauce. Other fruits may be used in place of figs.

Fig Fancy Cake.—Bake any kind of plain cake in patty pans or fancy shapes. Make an icing for them, then take one pound of the best figs and cut them in halves, and then in narrow strips; arrange them upon the cakes while the icing is wet, with the flesh side up. Sprinkle the cakes with coarse granulated sugar, and it will give the figs the appearance of being frosted.

THE GOOSEBERRY.

According to botanists the distinction between the gooseberry and the currant is not strongly marked, though in appearance they are dissimilar. While North America has a number of wild gooseberries the climate of Great Britain seems to be more favorable to them than that of this country. The later developed varieties, which are destitute of prickles, are easily handled and are most excellent. When unripe they make delicious pies and tarts, and the ripe gooseberry has value in jam and preserves.

Gooseberry Sauce.—Select large, ripe gooseberries, cut off blooms and stems with small scissors, sprinkle with sugar and serve with cream.

Gooseberries Stewed.—Pluck gooseberries before they are fully ripe, prepare as above, and stew with a little water till soft. Season with half as much sugar as fruit, by measure, and serve cold with or without cream.

Gooseberry Fool.—Cut off the blossoms and stems of one quart ripe gooseberries and stew them in a large cup of water till they are tender. Run them through the colander to clear them of skins, then stir with the pulp a heaping teaspoonful of butter, a cup of sugar and the beaten yolks of three eggs. Pour them into the dish in which they are to be served, and cover with a meringue of the whites beaten to a foam with as many tablespoonfuls of sugar. Serve cold.

Gooseberry Roll.—Line a very deep pie-plate with paste and fill with stewed and mashed gooseberries after they are seasoned with a teacupful of sugar mixed with a heaping teaspoonful of corn-starch, half a cup of water and a tea-

spoonful of butter. Cover with a thin upper crust and bake. It should be eaten with sweet cream or liquid sauce.

Gooseberry Pie.—Cut off the blossoms and stems and fill with them a pie-dish lined with plain paste, spreading over the top one-third as much sugar by measure, as of berries used. Slightly dredge with flour and spread over a thin crust pricked with a fork. Bake half an hour.

Gooseberry Custard. (Dr. Holbrook).—Simmer three pints of gooseberries over a slow fire till soft, then drain the water and rub the berries through a sieve. To a pint of pulp add four well-beaten eggs, a cupful of sugar and two tablespoonfuls of orange-flower water. Set over the fire and stir constantly till it becomes thick. When cold serve in custard glasses. Yolks and whites should be beaten separately.

Gooseberry Pudding.—Stew a pint of gooseberries slowly a quarter of an hour. Butter a pudding-dish and prepare several slices of stale bread toasted a light brown. Dip each slice while hot in milk and spread with softened butter. Cover the bottom of the pudding-dish with prepared toast, then with a layer of gooseberries sprinkled with sugar. Add another layer of toast and then one of berries. Cover closely and steam in the oven by setting the dish within a larger one containing hot water. It will be done in half an hour, and may be eaten with or without a pudding-sauce.

Spiced Gooseberries.—Cut off the blossom end of the fruit and to every six pounds allow two quarts of sugar and one and one half cups of vinegar, or two thirds of a pint. Put the latter over the fire, and when scalling hot pour in the berries with one teaspoonful of whole allspice and cloves mixed, a few pieces of stick cinnamon and a trifle of green ginger root cut into bits, the whole of these tied in a thin muslin bag. Cover closely and let the gooseberries simmer till they are tender. Skim the fruit into jars kept in hot water, simmer the syrup, pour over and seal.

THE GRAPE.

Among the most important and the most luscious of all fruits the grape thrives well in the middle and western portions of the United States. The foreign varieties, which can only be reared in graperies east of the Mississippi, grow most luxuriantly in California so that the productions of the vine are carried over a large section of the country. A fruit so beautiful and delicious ought to be raised in such quantities as to appear upon every table during two-thirds of the year.

Grapes are not only nourishing but are considered to have curative qualities. In Germany and Switzerland grape-cures are filled with patients who consume each from three to eight pounds of the fruit per day, generally with the best results, to which, no doubt, abstemiousness from a rich dietary contributes.

Grapes should be washed and drained before eating. In no other way are they so delectable as when fresh from the vines. Arranged with or without other fruit, they are both lovely and refreshing at breakfast, luncheon or at dessert.

Grape Short-Cake. (Mrs. Smithson).—Sift together half a pound of flour, a coffeespoonful each of salt and sugar, and two teaspoonfuls of baking powder. Work into this mixture a quarter of a pound of cold, well-washed butter; add gradually two gills of cold boiled milk. Mix quickly with a knife. Dredge flour over the moulding-board and turn the paste upon it. Toss with the knife until it is well floured. Pat it gently with a floured rolling-pin and roll it

down to half an inch in thickness. Put a plate on top of the paste and cut round it. Cut out two round forms and bake them on a greased tin. When cool make an incision round the center of the edge and divide the short-cake.

Remove the seeds from a quantity of Malaga grapes with a raisin seeding machine. Arrange the grapes on the cake. Over the under or center layer of grapes put a layer of jelly, and over the top layer of grapes put a covering of whipped or velvet cream.

Grapes Spiced.—Stem and wash wild grapes and boil till soft, then press through a coarse sieve. To every ten pounds of pulp add half as much sugar, an even tablespoonful of cinnamon, a heaping teaspoonful each of cloves spice and pepper, a grated nutmeg and two quarts of vinegar. Boil slowly till it is as thick as catsup ought to be, then bottle.

Grape Pie, No 1.—One egg, one teacupful of sugar, one heaping teacupful of grapes. Beat the egg and sugar together, then add the grapes, one tablespoonful of flour and a little butter. Bake with two crusts.

Grape Pie, No 2.—Remove the skins from the seeds and pulp and simmer the latter in a porcelain kettle and press it through a colander to remove the seeds. Then put skins and pulp together, sweeten to taste, and pour into a pie-plate lined with paste after stirring in a heaping teaspoonful of flour if the grapes are very juicy. Bake with an upper crust.

THE GRAPE FRUIT.

The grape fruit or shaddock is less well-known than it deserves. No more refreshing or wholesome fruit grows, though on first tasting it the northerner is apt to pronounce it coarse if not unpleasant. To many persons it becomes

a more delicious fruit than the orange. The abundant, acid and slightly bitter flavor serves to quench thirst, and it is considered by many to be a sovereign remedy for biliousness.

The grape fruit should be peeled in sections, like the orange, which are then to be separated from the center and the entire bitter white membrane covering them should be removed. Then break open the pulp and serve as an unseasoned offering to the Lares of the breakfast table, preceding the wheat or the oatmeal.

It is a mistake to adulterate the grape fruit with sugar, nevertheless there are those who sprinkle it plentifully with sugar overnight. In after years when its cooling and pleasant qualities are appreciated, the grape fruit will divide honors with its smaller cousin, the orange.

THE GUAVA.

This tropical or semi-tropical shrub yields an important dessert fruit. It is, however, known to the inhabitants of the cooler zones only through guava jelly, a rich conserve imported from the West Indies. The guava is cultivated in Florida, but the manufacture of guava is chiefly confined to the warmer Indies.

HUCKLEBERRIES OR WHORTLEBERRIES.

This pleasant and wholesome fruit, peculiar to the northern latitude, grows both on high and low bushes according to its species. On hillsides and mountain clear-

ings, in old pastures and along purling brooks, the huckleberry profusely ripens.

It is not a highly flavored fruit but one greatly esteemed amongst a rural population, and one especially wholesome. Containing but little acid it needs but little sugar and is palatable with milk even without sweetening. When fully ripe two tablespoonfuls of sugar to a pint of fruit will satisfy the most capricious desire for sweets. They need to be carefully picked over, washed and stewed in a little water till soft. Huckleberries are especially nice, when canned, for pies in winter time or for a breakfast sauce. The Huckleberry is the North American representative of the Whortleberry and includes the blueberry which is, lighter-colored, softer and sweeter than the huckleberry.

Huckleberry Sauce.—Pick over and wash ripe fruit and strew with powdered sugar.

Huckleberries and Milk.—Into a quart bowl crumble crackers or a roll and a half; fill with rich new milk or milk and cream, “half and half.” Pour into the bowl half a cupful of huckleberries and stir together the contents. It is a nice dish for lunch.

Huckleberry Griddle-cakes.—Mix together one pint of flour, two teaspoonfuls of baking-powder and one pint of milk, and stir in one beaten egg. Pick over a pint of fresh berries, wash, roll in flour and add to the batter. Pour from a pitcher on a greased griddle.

Huckleberry Toast.—Pick over, wash, and stew a pint of berries, and pour over layers ofth in buttered toast. They should first be seasoned with sugar, and ought to have plenty of juice. Cover with a plate and let them stand a half hour before serving, on the range or in a moderately cool oven. When baked in a pudding dish it makes a nice pudding. Finish with a lemon flavored meringue.

Huckleberry Corn Cakes.—Scald a pint of corn meal with boiling water, add a heaping tablespoonful of flour and milk enough for a rather thick batter. Mix in two teaspoonfuls of baking-powder, two thirds of a cupful of sugar, good brown sugar is better than white, and a pint of huckleberries. Bake on a griddle, in muffin rings, or in the oven, making them half an inch thick. Chopped apple or raspberries may take the place of huckleberries. They need a warm oven.

Huckleberry Sweet Cake.—One cup butter, two cups sugar, three cups of flour, five eggs, one cup of sweet milk, one teaspoonful soda dissolved in hot water, one teaspoonful of nutmeg, and the same of cinnamon; one quart ripe, fresh huckleberries, thickly dredged with flour. Stir the butter and sugar to a cream, add the beaten yolks, then the milk, the flour, and spice, the whites whipped stiff, and the soda. At the last stir in the huckleberries with a wooden spoon or paddle, not to bruise them. Bake in a loaf or card in a moderate but steady oven, until a straw comes out clean from the thickest part

Huckleberry or Blueberry Pudding.—Sift together a pint and a half of flour and one heaping teaspoonful of baking-powder, and into it stir one pint of milk, one well-beaten egg, a saltspoonful of salt and three-fourths of a quart of berries. Steam for two hours in a buttered mould and serve with hard or liquid sauce.

Huckleberry or Blueberry Cake, No. 1.—Cream together one rounded tablespoonful of butter, one half of a cupful of sugar, two-thirds of a teacupful of milk, and two scant cupfuls of flour, in which have been sifted two teaspoonfuls of baking-powder. At the last stir in a cupful of blueberries and bake at once. This cake will hold a heap ing cup of fruit.

Huckleberry Cake, No 2.—Cream together half a cup of butter and half a cup of sugar, add four tablespoonfuls of Indian meal and one of flour, a scant cup of molasses and two-thirds of a cup of milk. Sift in a teaspoonful of

baking-powder, and at the last add two well-beaten eggs and a pint of berries. Bake immediately.

Huckleberry Pie.—Into a large cupful of berries stir a half cup of sugar, a tablespoonful of hot water, and a heaping teaspoonful of flour, made smooth in cold water. Bake in a deep pie-dish with two crusts.

THE LEMON.

The celebrated tree of the Citrus genus which furnishes this pungent fruit is a native of the forests of Northern India, whence it has traveled along the mild shores of the Mediterranean. Leaping the Atlantic the lemon has become acclimated in the southern portion of our country and in California, though the finest lemons are said by dealers in the fruit to come from Sicily. Something in that volcanic and sulphurous soil is converted into the acid which is its chief value.

The roughness observable on the rind of the lemon is owing to imbedded cells filled with an oil which is obtained either by distillation or expression. The peel is used for flavoring, and the abundant acid juice has acquired a world-wide value in the arts, in medicine, in cooling drinks and syrups, in flavorings and innumerable dishes and as a constituent of perfumery. Because it is used so little as the chief ingredient very few recipes for the lemon are given, and these are chiefly under the head of Water-ices, Beverages, Creams, etc. The value of oranges imported into New York alone annually is estimated to be over two millions of dollars.

Lemon Pudding.—All kinds of plain puddings, flavor-

ed with lemon are called lemon puddings, the basis may be corn-starch, bread, or custard, and may be baked¹ steamed or boiled. The following is an excellent bread pudding flavored with lemon.

Lemon Meringue Pudding.—Scald four cups of new milk and pour over two cups of fine stale bread-crumbs, and let it stand half an hour. Into it stir one cupful of sugar and a rounded tablespoonful of butter, the yolks of three eggs, and the juice of one large or two small lemons and the grated yellow rind of half of one. Beat all together well and bake in a buttered pudding-dish till it is just done through, not a minute more; draw the pudding to the edge of the oven and cover with the stiff beaten whites, whipped with three tablespoonfuls of sugar, and flavored with lemon juice. Brown in the oven with the door left open.

Lemon Fritters.—Beat three eggs light; it is better to have yolks and whites separate but they may be beaten together. Stir in two cups of new milk, flour enough to make a thin batter, the juice of one lemon, and lastly one-fourth of a teaspoonful of soda dissolved in a little water. Fry in hot fat and sprinkle with sugar. When it is done cover with a meringue made by beating the whites with two tablespoonfuls of sugar, and brown slightly in the oven.

Lemon Pie. (Miss Hammond.)—Mix one cup and a half of sugar with two heaping teaspoonfuls of flour: add the well-beaten yolks of six eggs and the whites of two eggs beaten stiff, the grated rind of one and the juice of two lemons, and one cup of ice water. Line two plates with a crust and rim, fill, and bake in a moderate oven. Make a meringue with the whites of four eggs and one cup of powdered sugar.

Lemon Pie. (Miss Hayes.)—Beat together one cup of sugar and an egg; when thick and smooth add a tablespoonful of flour. Grate a little of the yellow peel from a good sized lemon and stir into the mixture. Then peel the lemon, carefully removing all the pith, and with a sharp knife cut in thin slices, removing all seeds.

Line a pie-plate with crust, and have the top crust rolled ready to use; stir the lemon slices with the egg and sugar and pour into the plate, cover quickly and bake in a quick oven.

Lemon and Raisin Pie.—Peel one large lemon, cut it in thin slices, and turn over it one cup of seeded raisins which have been steeped till nearly tender in a little water. Steep again till the lemon is tender, add two tablespoonfuls of flour, made smooth in a little cold water, one cupful of sugar and boil, stirring constantly, till it thickens. Bake in two crusts.

Molasses Lemon Pie.—One cupful sugar, one cupful molasses, one cupful water, one and a half tablespoonfuls flour, two lemons and one egg. This makes one pie.

Lemon Cream Pie.—For one large pie, take the juice of two medium sized lemons and the grated yellow peel of one, a tablespoonful of corn-starch, a teacupful of cold water, one of granulated sugar, and three eggs. Heat to the boiling-point half the water, the lemon juice, the rind and the sugar, and pour it over the remainder of the water into which the corn-starch has been mixed, stirring all the while. Set the whole back on the range and let it come to a boil again, then set it away to cool. When cold add the yolks of three well-beaten eggs, and bake in a deep pie-plate lined with paste. Bake half an hour, then cover the pie with a meringue made by beating the whites of the eggs to a stiff froth with two large tablespoonfuls of powdered sugar. Two eggs will make a pie good, though less rich.

Lemon Custard Pie.—Grate the rind of one lemon and squeeze the juice on one teacupful of sugar and a tablespoonful of flour, mixed together. Beat to a froth the yolks of three eggs, and stir into them one cupful of new milk, then mix in the sugar, flour and juice, and bake in a plate lined with paste.

Lemon Pie. (Catherine Owen.)—Half a cupful of fine

bread-crumbs, just milk enough to swell them, two eggs, two tablespoonfuls of butter, three of sugar, the juice of one lemon and grated rind of two. Beat sugar and butter to a cream, then the eggs and lemon juice, and lastly the bread and milk. Mix and bake in one crust with two long strips about an inch wide laid lightly around the edge so as to make it twice as thick as the bottom. Gently press the lower edge of this strip to make it adhere and pour in the mixture. If a meringue is desired, save out the two whites, beat together with pulverized sugar till they are stiff, and spread over the pie when done. Return to the oven and brown lightly.

Lemon Short-cake.—Make a plain biscuit or short-cake crust as described in Strawberry short-cake), and spread between the two or three layers composing it the yellow grated rind and juice of one large lemon mixed with one cup of sugar and one cup of fresh sweet cream. Serve at once with one cup of cream sweetened and flavored with lemon.

Lemon Washington Pie.—Beat the yolks of three eggs and stir in one cupful of sugar, one cupful of flour, and one teaspoonful baking-powder and the beaten whites of the three eggs. Bake in three or four jelly-cake tins. When done spread between them this mixture.

Boil together three-fourths of a pint of water, one cupful of sugar, and a heaping teaspoonful of butter, and stir in two tablespoonfuls of flour, made smooth in a little cold water. When it thickens draw to the back of the stove and stir in the beaten yolks of two eggs, and lastly the juice and grated yellow rind of a large lemon.

Lemon Cake.—Any kind of plain cake flavored with lemon passes under this name. The following is good:

Cream together two cupfuls of sugar with two-thirds of a cupful of butter, add the beaten yolks of three eggs, then the beaten whites, two-thirds of a cupful of milk, three cupfuls and one-half of flour and at the last the juice of one lemon. A little more than half a teaspoonful of soda

should be sifted with the flour before that is mixed in, or it may be beaten in just before stirring in the lemon juice.

Lemon Honey, No. 1.—(Mrs. Rorer.) Beat the yolks of six eggs until light, add gradually, beating all the while, one pound of powdered sugar. Beat a quarter of a pound of butter to a cream, add it to the yolks and sugar, beat well, and then stir in carefully the well-beaten whites of four eggs. Pour this into a double boiler and stir continually over the fire until the mixture is about the consistency of very thick cream; take from the fire, and add the grated rind of one and the juice of two lemons, mix, and turn into a stoneware or china bowl to cool.

There is also another recipe for a French honey, flavored with lemon, that is not so heavy and indigestible as the former.

French Honey.—Beat together a quarter of a pound of powdered sugar, and a quarter of a pound of butter; when light add one unbeaten egg, and beat again; stir this over the fire till it thickens, then take from the fire, and add the grated rind and the juice of one lemon, mix and turn out to cool.

Lemon Honey, No. 2.—Melt together three ounces of fresh butter and one cup of sugar, and stir into them the well-beaten yolks of three eggs into which has been mixed the grated yellow peel of one large lemon. Stir over the fire till it begins to thicken, then add the juice of the lemon, and continue stirring till it is as thick as honey. Pour into jelly glasses and cover. Use very thin to spread upon layer cake, or as a flavoring in cooking.

Lemon juice may often be used to advantage in place of vinegar, especially in salads. In regard to the uses of the lemon the London Lancet says:

“Few people knew the value of lemon-juice. A piece of lemon bound upon a corn will cure it in a few days; it should be renewed night and morning. A free use of

lemon-juice and sugar will always relieve a cough. Most people feel poorly in the spring, but if they would eat a lemon before breakfast every day for a week—with or without sugar as they like—they would find it better than any medicine. Lemon-juice, used according to this recipe, will sometimes cure consumption: Put a dozen lemons into cold water and slowly bring to a boil; boil slowly until the lemons are soft, then squeeze until all the juice is extracted; add sugar to your taste and drink. In this way use one dozen lemons a day. If they cause pain, lessen the quantity and use only five or six a day until you are better, and then begin again with a dozen a day. After using five or six dozen the patient will begin to gain flesh and enjoy food. Hold on to the lemons, and still use them very freely for several weeks more. Another use for lemons is for a refreshing drink in summer, or in sickness at any time. Prepare as directed above, and add water and sugar. But in order to have this keep well, after boiling the lemons squeeze and strain carefully; then to every half pint of juice add one pound of loaf or crushed sugar, boil and stir a few minutes more until the sugar is dissolved, skim carefully and bottle. You will get more juice from the lemons by boiling them, and the preparation keeps better."

An eminent physician also says of the lemon:

"It is suitable for all stomach diseases, excellent in sickness, in cases of jaundice, gravel, liver complaints, inflammation of the bowels and fevers. It is a specific against worms and skin complaints. Lemon juice is the best anti-scorbutic remedy known. It not only cures this disease, but prevents it. Sailors make daily use of it for this purpose. I advise every one to rub their gums with lemon juice to keep them in a healthy condition. The

hands and nails are also kept clean, white, soft and supple by the daily use of lemon instead of soap. It also prevents chilblains. Lemon is used in intermittent fevers mixed with strong, hot, black coffee, without sugar. Neuralgia may be cured by rubbing the part affected with a cut lemon. It is valuable also to cure warts, and to destroy dandruff on the head by rubbing the roots of the hair with it."

It is also excellent to use with a little water and no sugar in malarial diseases.

THE LIME.

In the United States the culture of the lime is productive of better results than that of the lemon, for which it is no inferior substitute. Like the lemon the lime belongs to the Citrus family. The fruit grows upon a small tree or shrub and is a native of Asia though now common to all warm countries. The juice of the lime is used on ship-board as an anti-scorbutic, and from it is manufactured Citric Acid. Wherever lemon juice is needed, that of the lime can take its place.

THE MANGO.

The Mango, a native of the East Indies though naturalized in other warm countries, affords an excellent fruit, which, however, is too perishable for transportation to a distance.

NUTS FOR FOOD.

The natural liking for nuts must have its origin in some physical want. Nothing is more full of nutrition than a nut and if eaten at a proper time, nothing is a better substitute for animal food. Especially is this the case in winter when oil is desirable in the human economy. Physiologists assert that nuts contain more elements of nourishment than butter and meat combined. Furthermore they can be neither adulterated nor uncleanly, for Nature herself has secreted their richness from various unpolluted woodland stores. Salt should always be used with nuts.

Hickory Nut Cookies.—Beat four eggs very light, whites and yolks separately. Into the yolks stir in two scant cupfuls of sugar, and then the beaten whites. Add a pint of flour, a heaping teaspoonful of baking-powder, and a pint of nuts cut in small pieces and rolled in flour. Mix quickly and thoroughly, and drop a small spoonful at a time upon greased and floured pans. Place half a nut on the middle of each cookie and bake in a very moderate oven twenty minutes. In place of hickory nuts use raisins, seeded and chopped, cocoanut or currants. These cookies will keep a long time,—if they are untouched.

Hickory Nut Macaroons.—Beat to a stiff froth the whites of three eggs and beat in a little at a time, a pint of powdered sugar, a tablespoonful of flour and a teaspoonful of corn-starch. Into this stir a pint of finely chopped nuts and drop in small spoonfuls upon buttered pans. Bake in a moderate oven.

Nut Cake, No 1.—Cream two cups sugar and one of but

ter, stir in three well-beaten eggs, one cup of milk, three cups of flour with two large teaspoonfuls baking-powder, and lastly two cups of any kind of nut kernels and one of stoned and chopped raisins.

Nut Cake, No 2.—Cream three-fourths of a pint of sugar and half a cup of butter, add three-fourths of a cup of milk, the beaten whites of four eggs, and two cupfuls of flour sifted with two teaspoonfuls of baking-powder. Stir in one cup of walnut meats and a little salt. The nuts should be broken in small pieces and floured. Ice the cake and decorate the top in fanciful figures made with walnut halves laid in the icing before it has hardened.

THE ORANGE.

“Oranges that glow
Like globes of fire, inclose a heart of snow
Which thaw not in their flame,—”

This delicious fruitage of one variety of the genus *Citrus* is justly esteemed all over the world. Associated with all the splendor and coloring of the tropics it holds in its golden globes a wealth of attractiveness beginning with the colorless buds and blossoms which adorn the bride of every country and race. Its juicy and delicious fruitage, appearing simultaneously with its pure white blossoms and its fragrant evergreen foliage are the delight of every traveler in the southern clime.

Botanists are undecided whether the orange is a native of India or of China. Very likely it is indigenous to both countries. It does not matter since all warm regions now claim it as their own.

Its cultivation is greatly on the increase in our own country, so that Florida and California are now sending to the markets of the East some of the finest oranges ever

grown. It is exceedingly productive, one tree sometimes yielding 20,000 annually.

There are various kinds of oranges, the names of which it is unnecessary to specify. The best oranges are the heaviest, for light oranges have thick skins and these weigh little. The richest are the russet skinned.

There are about as many ways of eating oranges as there are varieties. Perhaps the simplest is to cut a slice from the top and eat pulp and juice with the spoon; but this requires a juicy fruit. The Havana method is as good as any. In this a fork is run from the stem end quite to the center. By holding the fork in the left hand the right is left free to cut away the peel and white skin leaving only the pulp. The Cubans then transfer the orange to the right hand and eat it at leisure. A favorite way with the Floridians is to cut the orange in two at right angles to the stem and using each hemisphere as a cup, eat the juice with a spoon. Others are only satisfied by peeling the fruit and separating the sections.

Orange or Lemon Pates.—With the grated rind and pulp of two oranges or lemons mix the beaten yolks of six eggs, and one tablespoonful of sugar to each, two tablespoonfuls of melted butter and two of water. With this mixture fill patty-pans lined with paste and add a raised rim of paste about the edges. Bake, and when done cover with a meringue of the whites of eggs and six tablespoonfuls of sugar, set back in the oven and brown lightly.

Orange Tapioca.—Wash and steep a cupful of tapioca, then simmer in a pint of boiling water until the tapioca is clear. Peel and seed one dozen sour oranges, cut them in slices; and stir into the boiling tapioca. Sweeten to taste. Cook, and serve with cream and sugar.

Orange Compote.—Boil together half a teacupful of

water and a pint of sugar; skim the syrup, and add the juice of one lemon. Peel a dozen juicy oranges and cut them across in the middle taking out the seeds, and drop them in the hot syrup, three or four at a time. Let them scald, skim out the sections and place in a flat dish; boil down the syrup five minutes, pour over them and set away to cool. This makes a nice garnish and sauce for plain puddings, especially when oranges are tart or hardly sweet enough to eat uncooked.

Orange Tarts.—Beat together three fourths of a cup of sugar and one tablespoonful of butter, the juice of two oranges and grated peel of one, and into them stir one teaspoonful of corn-starch wet with the juice of half a lemon. Beat thoroughly, and bake in patty-pans lined with paste.

Orange Rolly-Poly.—(Marion Harland.) Make a light paste as for dumplings, roll in an oblong sheet, and lay oranges peeled, sliced, and seeded thickly all over it. Sprinkle with white sugar. Scatter a teaspoonful or two of the grated yellow peel over all, and roll up closely, folding down the end to secure the syrup. Boil in a pudding-cloth one hour and a half.

Orange Cake.—(Mrs. Scovil.) Take two cups of sugar, two cups of flour, half a cup of water, the yolks of five and the whites of three eggs, the juice and grated rind of one orange, and a small pinch of salt. Beat the whites to a stiff froth; add the sugar, then the yolks, previously well beaten, then the flour, and lastly the orange. Bake in three tins. The cup used for measuring must be a small one. When taken from the oven, spread between and on top of the cakes a frosting made with the whites of two eggs, the grated peel and juice of one orange, and enough of sugar to make it the consistency of ordinary frosting.

Orange Cake.—(Mrs. Lincoln.)

2 eggs,

1 cup sugar,

1 tablespoonful melted butter,

$\frac{1}{2}$ cup milk,
 $1\frac{1}{2}$ cups flour,
 $\frac{1}{2}$ teaspoonful soda,
1 teaspoonful cream of tartar,
1 tablespoonful orange juice and a little of the
grated rind.

Mix in the order given. Bake in a round shallow pan, and fill with orange cream.

Orange Cream for Cake.—Put in a cup the rind of half and the juice of one orange, one tablespoonful of lemon juice, and fill with cold water. Strain and put on to boil. Add one tablespoonful of corn-starch wet in cold water. Stir till thick, then cook over hot water ten minutes. Beat the yolk of one egg, add two heaping tablespoonfuls of sugar, stir into the starch, cook one minute, add one teaspoonful of butter and cool.

Fill the cake with cream and frost with ornamental frosting. Mark the frosting like a pie in eight pieces and decorate each with a section of orange and ornamental frosting.

[The above recipe, doubled, may be used for layer cake with orange filling, for which see "Fruit Filling for Layer Cake."]

Orange Custard, No. 1.—Beat the yolks of three eggs to a cream with one cup of sugar, then beat in one tablespoonful of butter. Add one cup of milk and the juice and a trifle of the grated yellow rind of one large orange, and the beaten white of one egg. With this custard two-thirds fill custard cups and set them in a baking pan in the oven. Half fill the baking-dish with boiling water, and steam till the custard is set. Then beat the two remaining whites of eggs with two tablespoonfuls of sugar, and put a large spoonful of the meringue on the top of each custard. Brown slightly, take from the oven and cool. Use more milk or less according to the richness of custard desired.

Orange Custard, No. 2.—To the beaten whites of six eggs add the juice of four oranges and one cup of cold

water. Beat again and set away for an hour, also set the yolks in a cool place. Then beat them with one cup of sugar and add to the whites with the grated rind of one orange. Cook in a small saucepan set in hot water. Stir constantly, and when it thickens pour into small cups.

Orange Pie, No. 1.—Beat lightly the yolks of three eggs with one cupful of sugar, then beat in one tablespoonful of butter. Stir in the pulp and juice of two oranges and the grated rind of half of one and one cupful of milk. Bake in a deep pie-dish lined with pastry, and when done cover with a meringue of the three beaten whites with three tablespoonfuls of sugar. Brown slightly, cool and serve.

Orange Pie, No. 2.—(Table Talk.) Beat a cupful of powdered sugar and a large tablespoonful of butter together until light. Moisten two even tablespoonfuls of corn-starch with a little cold milk, and then stir it into a half pint of boiling milk; cook and stir one minute, then pour it quickly on the butter and sugar, add the grated yellow rind and the juice of an orange, mix, and add one egg, well beaten. Peel another large juicy orange, cut into thin slices and then cut each slice into quarters. Line a Washington pie-plate with light paste and bake in a quick oven until done. Stir the orange slices quickly into the custard mixture, fill the baked crust with this, and place in a quick oven a few minutes to brown. While it is browning, beat the whites of two eggs until light, add two tablespoonfuls of powdered sugar and beat until stiff. Spread this over the pie, dust thickly with powdered sugar, and stand again in the oven until lightly colored.

Orange Pie, No. 3.—Beat to a cream a teacupful of powdered sugar and one tablespoonful of butter; add the beaten yolks of three eggs, then the juice and grated rind of two oranges. Beat all together. Lastly stir in lightly the whites beaten to a froth. Bake with an under crust

Orange Short-Cake.—Cream together one half cup

butter and one cup of sugar, and into them stir one well-beaten egg, one half a cup of milk and one pint of flour into which has been sifted two teaspoonfuls of baking-powder. Bake in two sheets. Have six oranges peeled and seeds removed, sprinkle with sugar and place between layers. For sauce, use grated rind of two oranges, and juice of one, one half cup sugar, one teaspoonful of butter and two cups water; thicken with corn-starch. Serve hot.

Orange Baskets.—Cut as many oranges as will be required, leaving half the peel whole for the baskets, and a strip half an inch wide for the handle. Remove the pulp and juice, and use the juice in making orange jelly. Place the baskets in a pan of broken ice to keep upright. Fill with orange jelly. When ready to serve, put a spoonful of whipped cream over the jelly in each basket. Serve in a bed of orange or laurel leaves.

Orange Sauce.—Make a clear syrup of half a pint of sugar to a pint of water. Let it boil and clarify, or skim it. While it is heating peel oranges that are not quite ripe enough to eat uncooked, and take off all the white skin that can be removed without breaking the fruit. Separate the oranges into sections and drop into the boiling syrup and cook till they are thoroughly scalded. The juice of a lemon and a little grated peel may be added if that flavor is desired. If the oranges are not to be served at once, strain off the syrup, scald, and pour over the orange sections again.

Orange Pudding, No. 1.—Two oranges—juice of both and grated peel of one—juice of one lemon, one half-pound lady's-fingers, stale and crumbed, two cupfuls of milk, four eggs, one-half cupful sugar, one tablespoonful corn-starch wet with water, one tablespoonful melted butter. Soak the crumbs in the milk, beat and add the eggs and sugar, already beaten to a cream with the butter, next the corn-starch, and when the mould is buttered and water boiling hard, stir in the juice and peel of the fruit. Plunge the mould directly into the hot water. Boil one hour; turn out and eat with very sweet sauce.

Orange Pudding, No. 2.—Peel and cut five sweet oranges into thin slices, taking out the seeds; pour over them a coffee-cup of white sugar, let a pint of milk get boiling hot by setting it in a pot of boiling water; add the yolks of three eggs, well-beaten, one tablespoonful of corn-tarch made smooth with a little cold milk, stirring all the time; as soon as thickened, pour over the fruit. Beat the whites to a stiff froth, adding a tablespoonful of sugar, and spread over the top for frosting; set in the oven for a few minutes to harden; eat cold or hot (better cold) for dinner or supper. Peaches or other fruit can be substituted in their season for oranges.

Orange Pudding, No. 3.—Beat together half a cupful of sugar and an even tablespoonful of butter; add the beaten yolks of three eggs, one cupful of milk, one cupful of stale fine bread-crumbs, and lastly the beaten whites of three eggs. Put a layer of the bread-crumbs on the bottom of a pudding-dish, then a layer of orange marmalade, and so continue till the dish is full, using a cupful of marmalade in all. Bake fifty minutes or steam a little over an hour.

Orange Pudding, No. 4.—Soak a scant pint of stale bread-crumbs or rolled cracker-crumbs in a pint of water for two hours, and then stir into them the grated rind of two oranges and the juice of five or six according to their size. Cream one large tablespoonful of butter with three of sugar; stir into it the beaten yolks of four eggs and the whites of two, and then mix with the crackers, and bake an hour in a buttered pudding-dish. Then cover with a meringue of the whites of two or three eggs, and as many tablespoonfuls of sugar as there are whites, spread over the top, and brown ten or fifteen minutes. It should be served cold.

THE PEACH.

“Like balls of gold

The peaches seemed, that had in fire been rolled.”

The peach season, short though it is, is full of delight for the lovers of this rich fruit. Like the apple it belongs to the order Rosacea but unlike that fruit it is very perishable. There are many sub-varieties of the two principal varieties, Freestones and Clingstones, which are used to a great extent, not only when fresh, but when dried, evaporated or in cans.

The Nectarine, which is without doubt derived from the peach, is covered with a smooth skin. It is more delicate than the parent fruit and, if anything, more delicious. The Nectarine may be used in the place of the peach in all recipes wherever the latter is mentioned. So may the Apricot.

Peaches are best eaten peeled, sliced and slightly sugared. Sweet cream is a wonderful addition.

Baked Peaches, No. 1.—Wipe the peaches so as to take away the surface and pack them in a small stone jar. Fill about two-thirds full and nearly cover the fruit with water. Scatter sugar over them and bake in a slow oven, from one to three hours, according to the condition of the fruit

Baked Peaches, No. 2.—Rub clingstones with a flannel cloth to remove the down, and arrange them in a stone jar which must not be quite filled. Pour over them enough water to one-third fill the jar and bake in a slow oven two hours. Before they are done pour over them one cup of sugar dissolved in a little boiling water.

Peach Flummery.—Line the bottom of a glass or porcelain dish with slices of stale cake, not more than an inch and a half thick. Make a boiled custard out of a pint of milk and the yolks of four eggs, and just before serving pour it over the cake. On this spread a thick layer of peeled, sliced and sugared peaches, and over that a meringue made of the whites of four eggs beaten stiff with four tablespoonfuls of sugar.

Peach and Apple.—When peaches are scarce they may be used to flavor twice their quantity of apples. The latter fruit should be mellow and delicately flavored. Peaches and apples ought to be sliced thinly, piled in layers with powdered sugar and served at once with or without whipped cream..

Peach Custard.—Press a few stewed or canned peaches through a sieve, using from five to eight, according to size, and add a pint of new rich milk. Stir this into three well-beaten eggs, whites and yolks together, with half a cupful of sugar, and bake in a deep pie-plate lined with paste.

Peach Manioca Pudding.—Stir into two cupfuls of milk four tablespoonfuls of manioca and let this come to a boil. Then mix in two beaten eggs, two tablespoonfuls of sugar, two more cupfuls of milk and a trifle of lemon peel or fresh grated rind. Peel and slice a dozen peaches, sprinkle with sugar and pour over the manioca, the whole to be baked in a buttered pudding-dish.

Peach Bread Pudding.—Pour boiling water on a pint of fine stale bread or cracker-crumbs and stir in a tablespoonful of melted butter. Let it stand till it has thoroughly soaked. Into it stir two well-beaten eggs and half a cupful of sugar. On the bottom of an oiled pudding-dish put a thin layer of batter and over it a layer of sliced peaches. Dredge with sugar, then cover with batter again. Continue until the dish is full having batter at the top. Eat with sweetened cream. It is a good way to cook sour or late hard peaches.

Peach Pudding Boiled.—Make a thick batter of one cup of flour into which is sifted a teaspoonful of baking-powder, three-quarters of a cup of milk and two well-beaten eggs. Stir in as many peeled and sliced peaches as it will fairly hold, turn into a buttered dish, which must not be quite filled, plunge into boiling water, which must not cease boiling for an hour or it will be heavy. Serve with hard or liquid sauce.

Peach Batter Pudding.—(Helen Campbell.) One can of peaches drained of their juice, three eggs well beaten, one tablespoonful of butter, half a teaspoonful of salt, two cups of prepared flour. Butter a pudding-dish holding nearly two quarts and put in the drained peaches. Sift salt and flour together, rub in the butter till perfectly fine, beat the eggs and add to the milk, stirring it slowly into the flour. Beat to a smooth batter, pour over the peaches and bake in a quick oven. It will require about half an hour and should be served at once.

Sauce for Peach Pudding—Bring the juice poured from the can of peaches to the boiling point. Dissolve a tablespoonful of corn-starch in half a teacupful of cold water, add to the juice and boil two minutes. Then add a small teacupful of sugar, and the grated rind and juice of a lemon.

Peach Pudding Baked.—(Mrs. Goodale.) Pare and halve a quart of fine, ripe peaches and stew them gently with sugar to taste. While still hot place in a pudding dish and pour this batter over them. To one quart of milk take six eggs and six tablespoonfuls of flour, beat the yolks and whites separately, stir the flour to a paste with half a cup of the cold milk, put the remainder over to boil and add the yolks to the flour. When the milk boils stir it into the mixture and keep stirring till it thickens, then add the whites, quickly beating the whole and pouring it over the peaches. Bake half an hour. This is an excellent batter for cherries or other fruit. Eat with a sauce of thin custard.

Peach Pudding.—(Mrs. Rorer.) Rub butter the size of an egg into a pint of flour, add half a teaspoonful of salt and a large teaspoonful of baking-powder. Pare six large peaches, take out the stones after cutting them in halves. Beat one egg till light, add it to the milk and pour this over the flour; give a thorough beating and pour into a greased baking-pan. Have the batter about one inch thick. Put the peaches over this, the stone side up, fill the hollow places with sugar and bake in a quick oven thirty minutes. Serve hot with cream and sugar. Apples may be used instead of peaches. Peaches should be pared, cut in halves and stoned.

Peach and Tapioca Pudding.—Soak in a quart of water overnight one large cupful of tapioca and in the morning cook till it is soft, then add a pinch of salt, six heaping tablespoonfuls of sugar and the juice of one quart of nice peaches stewed soft but not broken. In a buttered pudding-dish pour a layer of tapioca then lay in the peaches and over them pour the remainder of the tapioca. Bake an hour and eat with sweet cream.

Peach Dumpling.—Line half a dozen well-oiled cups with paste and fill them with finely-sliced peaches sweetened to taste, cover with more paste, then set them in a pan half filled with boiling water and bake or steam forty minutes. Turn out on a dish and serve with liquid sauce.

Peach Fritters.—Beat two eggs with four tablespoonfuls of sugar, add a small cupful of milk and a large cupful of flour, enough for a thick batter, with a teaspoonful of baking powder. Into the batter stir a large half pint of peaches cut fine, and fry in hot fat.

Peach Cobbler.—Fill a shallow pudding-dish or deep earthen pie-plate with ripe peeled peaches, leaving in the pits to increase the flavor of the fruit. Add cold water enough to half fill the dish and cover the whole with a light paste rolled to twice the thickness used for pies. Cut slits across the middle prick with a fork and bake in a slow oven.

en about three-fourths of an hour. The peaches should be sugared according to the taste before putting on the crust. Served either warm or cold, the crust should be inverted, after being cut into sections, and the peaches piled upon it. Eat with sweet cream.

Dried Peach Pie.—Soak dried apricots or peaches over night, after first washing them thoroughly, then cook very slowly on the back of the stove fully two hours. Add sugar to taste just as it is taken from the stove. Arrange the pieces and juice, of which there should be but little, on a deep pie-plate lined with paste, and either cover with a thin paste or cross the top with narrow twisted strips, diamond-wise. If the fruit is much broken in pieces sift it, and after baking cover the top with a meringue made with the white of one egg and one tablespoonful of sugar, and brown in a moderate oven. Evaporated peaches are now so delicately prepared that in winter they make a substitute for the fresh fruit.

Peach Meringue.—To every pint of stewed and canned peaches, sweetened to taste, stir in the beaten yolks of two eggs. Bake in a deep pudding dish fifteen minutes, then cover with the whites of the two eggs, beaten till very light with two tablespoonfuls of sugar. Brown in the oven and serve cold with whipped cream. For peaches substitute any other stewed fruit at hand if need be.

Peach Butter.—Peel and pit very ripe peaches and cook till they become a thick marmalade. Then add a very little sugar and let it set on the back of stone till the fruit is quite solid. Pack in stone jars while hot and keep cool.

THE PEAR.

The long-stemmed pear tree bears a fruit which is every year becoming more common and justly prized. In Southern Europe and Asia, the pear grows wild as a large shrub, but cultivation has ameliorated and sweetened the character of the fruit so that it is counted one of the best of the temperate zone. Over a thousand varieties have been produced, only a comparatively few of which, however, are known to the housekeeper. Summer pears are worthless when allowed to ripen on the tree. Plucked when mature and kept covered with flannel in a dark chamber, the pear becomes mellow and rich. It is fine as a table fruit, making with the peach, the plum and the grape, a breakfast or dessert dish fit for any occasion, satisfying as these combinations are to the esthetic sense and the palate.

Pears and Cream.—Take ripe mellow pears, peel and slice them and sprinkle lightly with powdered sugar. Just before sending to the table pour over the layers whipped cream and serve at once.

Pears Stewed.—Select small pears free from knots and worms, wash them and arrange in a deep kettle and pour over them enough boiling water to come within two inches of the topmost. Cover and simmer slowly on the back of the range. When they begin to be tender, when pricked with a fork, pour over them half a cup of molasses and half a cup of brown sugar for every gallon of fruit. Stew till they are soft but not broken, take them out and pour over them the syrup. Larger pears may be peeled before stewing.

Pears Baked.—Take larger pears than are used in stewing, selecting those of nearly uniform size. Arrange them in a deep baking-dish, into which pour half a pint of hot water, in which has been stirred half a cupful of sugar. Cover with a lid or inverted dish and bake slowly, frequently basting them with the syrup till they are tender. They are excellent with a dressing of cream.

Pear Tarts.—Cover patty-pans with pie-paste and fill each with three-quarters of pears, peeled, cored and stewed in a rich sugar syrup till tender. Preserve the syrup for pudding sauce.

Prickly Pears.—This fruit of the cactus is often brought from Mexico where it is freely eaten. It is thickly covered with spines and must be handled carefully, even when the hand is protected with a napkin. Cut a slice off the ends, then peel it, cut the pulp into slices which may be eaten unseasoned or after dusting with powdered sugar and flavoring with the juice of an orange.

Pear Klose.—(A German Dish.) Pare, core and mince finely half a dozen ripe pears. Mix with them half a grated nutmeg, two ounces of clarified butter sugar, to taste, four well-beaten eggs and as much finely grated bread to make the mixture stiff and smooth. Mould into egg-shape balls with the bowl of a large spoon, drop them in boiling water and simmer half an hour. Serve on a hot dish with powdered sugar and a trifle of cinnamon. Send milk sauce to the table with them.

THE PERSIMMON.

The Persimmon tree of the Atlantic and Southern States belongs to the ebony family, one member of which bears the date plum. Its fruit is extremely astringent until after hard frosts and just before decay, when it is eagerly sought by those who relish its sweetly insipid taste. The Japanese persimmon has for the last two years been naturalized in Florida, and its fruit, greatly similar to a smooth orange-colored plum tomato, is now marketed in northern cities. It is eaten raw like the native persimmon.

THE PLUM.

Some of the most delicious fruit is found upon the plum-tree, though unfortunately it suffers greatly from the attacks of the curculio. Prof. Gray declares that "the difference between the cherry and the plum is hard to define," but in ordinary experience the later and richer fruit is more justly esteemed. But for the insects which prey upon it and the diseases to which it is subject, the plum would become an important fruit food.

Prunes are the dried fruit of certain kinds of plums, the finest of which are called Prunelles. Prunes are exported from Turkey, Spain and Germany, but the best foreign fruit comes from France. California now bids fair not only to equal but exceed all imported fruit. Year by year since the process of raising and curing plums appropa-

perfection, the California prune is showing its superiority in point of appearance and flavor. It is much better cured by the process of evaporation than by the French method of drying, in which a portion of the flavor is lost.

Plum Pie.—Stew any kind of plums and sweeten the fruit just before it is taken from the stove. Remove the pits and pour the pulp into a paste lined pie-plate. Dredge with flour, cut an aperture in the top crust and bake. Dredge with powdered sugar and serve cold.

Dried Plum Pies.—Soak dried plums overnight, stew them gently, and sweeten to taste. Cover a deep pie-dish or shallow pudding-dish with paste, over which spread a thin layer of the plums, then a thin layer of paste. Add another layer of plums, cover with paste a second time and bake.

Plum Roll.—Stew the plums till they are soft, remove skin and pits, and run them through a coarse sieve. Make a batter of one cupful of milk and a half cupful of butter, thickened with flour enough to make a soft paste, and one teaspoonful of baking-powder. Bake in three layers, between which spread plum sauce. Serve warm or cold.

Plum Dumplings.—Sift three cupfuls of flour with two teaspoonfuls of baking-powder, and cut into it a heaping teaspoonful of butter, wet with water enough for a soft dough, and stir in a cupful of plums, either stewed or canned. Steam in cups set in a pan of hot water in the oven about half an hour. Invert the dumplings on dessert plates and serve with liquid sauce.

Plum Pudding.—Stew a quart of plums, remove the pits and pour them, after sweetening, into an earthen pudding dish. Over them lay a soft biscuit dough or with a batter made by a cupful of sweet cream or rich milk, one egg, and a teaspoonful of baking-powder in flour enough for a thick batter. Steam one hour or bake half an hour. Invert the pudding and eat with hard sauce.

THE PINE-APPLE.

The pine-apple, which comes to such perfection when properly cultivated, in tropical America, the Bahamas and South Florida, is, without doubt, destined to have a greater popularity than it has yet received. When neglected the fruit is coarse and tough, and it will be the duty of Southern California to bring the pine-apple to a high degree of perfection. It is a perishable fruit; fully one-third of that which is imported is wasted, but it is too good to remain undeveloped in hardy qualities.

The pine-apple grows upon a shrub having a long narrow leaf, the whole rising from two to three feet above the soil. As it ripens the fruit is curiously and beautifully shaded, and is protected by leaf spines or daggers, several of which grow from each plant. About 200,000 pine-apples are annually shipped from Nassau alone.

The natives of Manila manufacture from the leaves of the pine-apple a beautiful and expensive fabric termed *Pina muslin*. Perhaps the value of the fiber may conduce to the culture of the fruit.

Pine-apple Sauce.—Boil together a cupful of sugar and three-fourths of a cupful of water and thicken with a dessert-spoonful of arrowroot, made smooth in a little cold water. Take from the fire, and when cooled a little stir in a cupful of grated pine-apple, the juice of one lemon and two oranges. Use as a pudding sauce.

Pine-apple and Potato Pudding.—Press through a coarse sieve enough parboiled sweet potatoes to make a

pint of pulp, which must be added to a little less than a half-pint of sugar creamed with an even tablespoonful of butter and the well-beaten yolks of three eggs. Mix in the potato slowly, beating all the while to keep the mixture light, then stir in one large cupful of new milk, another of grated pine-apple, half a teaspoonful of vanilla flavoring and lastly the well-beaten whites of three eggs. Bake in a pudding-dish in a moderate oven. Serve with cream or pine-apple sauce. By the same recipe make a banana pudding taking a cupful of chopped bananas in place of pine-apple.

Pine-apple Pudding, No. 1.—Chop fine one can of pine-apple or as much fresh fruit as will equal a canful in measure. Mix together one half-cupful of fine cracker or bread crumbs, one and one half cupfuls of granulated sugar, a heaping tablespoonful of butter, and four yolks of eggs, the latter well beaten. Into this latter stir the pine-apple, and bake. Cover the top with the meringue made with the whites and three tablespoonfuls powdered sugar, and brown in the oven. Serve warm or cold with liquid sauce.

Pine-apple Pudding, No. 2.—(The Cook.) Cover the bottom of a pudding-dish with light puff-paste and place on it a thin layer of shredded pine-apple. Strew over it a tablespoonful of sugar, then another layer of pine-apple. Cover with a crust with a hole cut in the center, and bake half an hour.

THE POMEGRANATE.

Only a denizen of a warm climate fully appreciates the pomegranate, which has lately become a familiar sight in Northern markets. Whoever once learns to like the pomegranate ever afterwards highly esteems its slightly acid flavor. At all times the pomegranate is an ornamental

shrub, whether covered with rich crimson flowers or with fruit. It grows in all warm countries, especially in the southern portion of the United States. It is used uncooked, most varieties showing an innumerable quantity of small seeds when broken open.

“From splintered cups the ripe pomegranate spilled
A shower of rubies.”

Though indigenous to the Old World the pomegranate is now popular through all the Southern States. The rich deep crimson of its lovely blossoms and fruit makes it a conspicuous object when planted either singly or in groups. When fully ripe the pomegranate is used uncooked or made into a preserve.

THE PRUNE.

The prune is the dried fruit of a certain kind of plum, the finer sorts of which are called prunelles. France has heretofore produced the finest varieties but Turkey, Spain and Germany also export the fruit. Now, however, California is a competitor for the favor of the housekeeper.

As a mildly laxative fruit requiring but little sweetening the prune bids fair to become a universal favorite.

The fruit is sometimes dried by artificial heat, but in our favored western climate the sun is all sufficient. As the plum averages ten tons to the acre when the trees have attained their full growth, which they do the seventh year after setting out, it is expected that large orchards of them will soon come into bearing.

Prunes Stewed.—Wash the prunes and soak them three hours in a little water. Put them in a saucepan with enough water to cover them, the same in which they have been soaked, and to every pound of prunes allow a small cupful of sugar, three cloves and a stick of cinnamon or the peel of half a lemon. Simmer, not boil, till the fruit is quite soft.

Prune Pudding, No. 1.—Soak a pound of prunes overnight, sweetening them to taste, and stew in the morning. Remove the pits and cut the prunes into small pieces. Beat the whites of eight eggs to a froth and gradually stir them into the cold prunes, beating all the while. Bake at once, about twenty-five minutes. When the pudding is cold it is greatly improved by a dressing of sweet cream, sweetened and beaten to a froth. Stir up the prunes once while baking.

Prune Pudding, No. 2.—(Mrs. A. A. Lincoln.) Make a small mould of lemon jelly. Boil large selected prunes slowly until very tender, taking care to keep the skins unbroken. Drain and place in a glass dish. Break up the jelly all about so that it will have the appearance of being made together. Pile whipped cream (made as for Charlotte Russe, one pint of cream and half a cupful of sugar flavored with one teaspoonful of vanilla whipped together) over the prunes and jelly.

Prune Custard.—(Mrs. F. Harkins.) Slowly stew the fruit an hour and a quarter in a porcelain-lined kettle. Remove the seeds and skins by hand, and rub the pulp through a colander or strainer. Have sufficient juice to make the pulp quite thin. Return it to the stove and heat almost to boiling. For each pint of fruit stir in two well-beaten eggs; remove immediately and stir in lemon flavoring or any tart extract desired. Set away in a mould and serve with cream.

Prune Pie, No. 1.—Prepare the prune as for custard, and to each cupful of fruit add a cupful of thin cream or

rich milk, the yolks of two eggs, well-beaten, and four tablespoonfuls of sugar. Whip the whites separately, flavor with pine-apple and cut into it the prune just before it is put in the oven. Line a pie-dish with thin paste, pour in the prune, and bake quickly. Over the top spread the white of an egg, beaten with a tablespoonful of sugar and also flavored with pine-apple. Return to the oven to brown.

Prune Pie, No. 2.—Stew the prunes, remove the stones, stir in two tablespoonfuls of sugar and the same quantity of currant jelly or sour apple sauce, or a dessert-spoonful of lemon juice. Dust flour over the fruit and bake with an upper crust.

THE QUINCE.

This fragrant fruit, so highly valued for marmalades and jellies, is the product of a shrub which made its way westward, with so many other modern necessities, from the Levant. The quince shrub,—it never attains any considerable size, —belongs to the order Rosaceae, like its cousins the apple, plum, peach and pear. It is hardy, easily cultivated and the fruit is used for many purposes, even the mucilaginous seeds being employed in the pharmacy and for the arts of the toilet. The aroma and flavor of the quince are much prized in cooking, especially in making desserts. Recipes for the use of this fruit will be found under the head of Jellies, Marmalades, Preserves, etc.

Quince Pie.—Peel, core and stew quinces till soft, then press through a colander. Sweeten to taste and bake in one crust. Cover the top with a meringue made by the beaten whites of two eggs and two tablespoonfuls of sugar. Brown slightly in the oven. This is just as good if the fruit is half apple and half quince.

Quince Honey.—(For Griddle Cakes.) Make a syrup of two pints and a half of pulverized sugar and a scant pint of water and let it boil ten minutes. Then add two quinces peeled and grated, and boil ten minutes longer.

THE RAISIN.

That dried fruit of sweet grapes known as the raisin is an important minor adjunct of the cuisine. Formerly raisins were brought only from Sicily, Turkey, Calabria and Spain, but the rapid development of the raisin industry on the Pacific coast is a matter of surprise to all interested in the culture of fruit. The domestic raisin, it is now admitted, is cheaper than the foreign, while also in every way fresher and better.

The white Muscat grape of Alexandria is the principal variety used in California. The slips are set out in a sandy soil and the vines, though staked at first, are trained so as to dispense with support and protect the fruit from the direct rays of the sun. The stem grows no more than a yard in height, and underneath the lateral branches hang heavy bunches of green translucent fruit.

The first crop matures about the middle of August, the second ripens a month later. Three years after planting the vines begin to bear, but it takes three years in addition to bring them to full maturity. As the grapes ripen Chinese laborers cut off the branches and lay them in wooden trays measuring five feet square and three inches deep. These are exposed to the sun in which the fruit begins almost immediately to ferment. At the end of from ten to fourteen days the upper half of the grapes having changed to a deep purple under the chemical rays

of the sun, empty trays are laid upon those that are filled and their contents inverted to expose the uncured sides to heat and light. In another week or so they are put into "sweat boxes" to equalize the moisture, and removed to the "cooling house," where they are kept two weeks longer. After the clusters are sorted from the loose grapes the raisins are fully packed in "London Layer" style, making as choice a table fruit as can be found in any market of the world. The production in the year 1888 was nearly 900,000 boxes, which found a ready sale, some of it in foreign countries.

How to seed Raisins.—Spread a damp cloth on the table and on it place a bowl for receiving the stoned fruit. With the raisins on the left, a bowl of water in which to dip the fingers, when they become sticky on the right, it is easy to squeeze the raisins between the thumb and finger with one hand, and hold the pen-knife which is used to remove seeds with the other. The seeds will drop on the cloth.

Raisins Stewed.—Scald large raisins in boiling water, let them stand ten minutes, then remove the seeds. Boil them slowly till tender, sweeten to taste, and if any flavor is desired use lemon juice. They make a nice winter lunch sauce.

Raisin Pie.—Boil two cups of raisins slowly for an hour in sufficient water not to have them very dry. When cool remove the seeds. Line a pie-plate with paste, over which sprinkle a scant half cupful of sugar and a tablespoonful of flour. Pour in the raisins, cover with an upper crust, and bake.

Raisin Puffs.—Take one cup sugar, two eggs, one-fourth cup butter, one-fourth cup sweet milk, one teaspoonful baking-powder, and flour to make a rather thick batter, one cup raisins, and flavoring to taste. Grease as many coffee cups as you desire puffs, and fill each half full.

Place in a steamer over boiling water. Serve with sweetened cream.

Raisins and Rhubarb Pie.—Cut rhubarb into inch lengths and stew as usual, or rather scald in boiling water. To every cupful of the rhubarb then add half a cupful of raisins that have been seeded and stemmed. Bake as usual between two crusts after having been sweetened to taste.

Raisins and Rice.—Seed raisins enough to make one cupful and a half, and let a quart of fresh water come to a hard boil. Into it stir three-fourths of a cup of rice, very slowly, and then the raisins. Boil rapidly twenty-five minutes. If there are signs of sticking to the bottom of the kettle stir carefully with a fork, but do not break the grains. When each grain is tender pour off the water, if any is left, turn raisins and rice into the dish in which they are to be served, stand in a cool oven, uncovered, or on the back of the stove a few minutes and serve with sugar and cream. A richer dish is made by cooking the soaked rice with milk in a double boiler.

Raisin and Rice Pudding.—Cook two-thirds of a cupful of washed rice in a quart of new milk till it is soft. Then stir in one cupful and a half of milk, one cupful of sugar, a tablespoonful of butter, one teaspoonful of cinnamon, and one and one half cupful of seeded raisins. Bake slowly nearly two hours.

The above is only one of many ways in which raisins are used in puddings.

Raisin Pudding.—Mix together one scant cupful of butter with one cupful of milk, three-quarters of a cupful of molasses, one teaspoonful of cinnamon, and half as much cloves, with flour for a thick batter. Add an even teaspoonful of soda and one pound of seeded raisins. Steam four hours.

Raisin Pie.—Seed one pound of raisins and boil slowly one hour in a little water. Into them stir two tablespoon-

fuls of flour made smooth in a little cold water, one cupful of sugar and the juice of one large lemon with a little of the grated peel. Bake in two crusts. This amount will make two large pies.

Raisin Spirals.—Two eggs, one cupful of sugar, one-half cupful of butter, one cupful of chopped raisins, one half a cupful of sour milk, one teaspoonful of soda dissolved in the milk, spice to taste, and sufficient flour stirred in to make the mixture very stiff. Roll out quite thin, cut strips about two inches wide and four long, and roll around the finger as if curling the hair. Fry in butter till of a delicate brown. Sprinkle with granulated sugar.

Raisin Cake.—(For others see Miscellaneous.) One cup of sugar, half a cup of butter, three eggs, half a cup of sweet milk, one cup heaping full of chopped raisins, two teaspoonfuls of baking-powder, and about two cups of flour; flavor with nutmeg. Put the butter, sugar, well-beaten eggs and milk together, then stir in the flour and raisins. The latter should be slightly warmed and floured to prevent sinking to the bottom.

THE RASPBERRY.

Raspberry Buns.—Mix six ounces each of ground rice and flour, rub in a quarter of a pound of lard, the same of white sugar, and a teaspoonful of baking-powder. Make into a stiff paste with the yolk of one egg and a little milk. Divide into small balls, hollow each and insert a little raspberry jam, close up neatly and dip into beaten white of the egg, flatten a little and bake on a tin in a sharp oven. They will crack during the baking and show the jam through.

Raspberry Blanc-mange.—In a scant quart of boiling new milk stir four tablespoonfuls of corn-starch made smooth in a quarter of a cupful of milk, and add to it, while thickening, four tablespoonfuls of sugar. When cooked stir

in half a cupful of the juice from canned raspberries or from fresh berries sweetened. Turn into a mould, cool and serve with sweet cream. The juice from cherries, berries, or peaches may also be used to flavor blanc-mange.

Raspberry Pudding, No. 1.—Beat the yolks of two eggs and stir into a cupful of sugar and a large tablespoonful of butter creamed together. Then add one and one half cupfuls of milk, the whites of two eggs beaten stiff and enough flour for a rather thick cake batter, with a heaping teaspoonful of baking-powder. Lastly mix in a pint of fresh raspberries. Bake and eat with berry or any other liquid sauce, or with custard.

Raspberry Pudding, No. 2.—Boil one pint of milk and into it stir two large tablespoonfuls of wheat flour which have been made smooth with a little cold milk. Add two eggs beaten with half a cupful of sugar. Pour a large cupful of stewed raspberries or raspberry jam over the bottom of a pudding-dish, pour over the custard and bake. The same pudding may be baked in pudding-cups. First turn in a spoonful of berries, then two-thirds fill the cup with custard. Set the cups in a dripping-pan, pour boiling water to half fill it and steam in the oven half an hour.

Raspberry Pudding, No. 3.—Boil a pint of rich new milk or milk and cream, and thicken it with four tablespoonfuls of flour (which is always far nicer than corn-starch for thickening), made smooth in a cupful and a half of raspberry juice. Boil till it thickens, stirring constantly. Then stir in one cupful of sugar and serve cold in glasses with whipped cream. Any other fruit juice may be substituted for that of raspberry.

Raspberry Pie.—Bake in two crusts a large half pint of well-sweetened berries with a fourth of a cupful of water mixed with one teaspoonful of flavoring.

Raspberry Short-cake.—Rub three tablespoonfuls of butter or lard into a quart of flour, sifted with three teaspoonfuls of baking-powder, until it is fine, then add milk

until it is as soft as it can be rolled out. Handle as little as possible. Make it about half an inch thick, bake, and invert the bottom of the cake for the layer of berries. Pile them on an inch thick with bits of butter, dredge with sugar and put over them another crust made and baked like the first. When cut in sections, pour over sweet cream or whipped cream. In place of it use a sauce made by creaming together three times as much sugar as butter, then adding an egg, white and yolk beaten stiff, and then stirring in, slowly, half a cupful of rich milk. It is a substitute for cream. Strawberry short-cake is made in this manner, also peach short-cake. The latter fruit is peeled and sliced fine and sugared. This cake may be eaten warm or cold.

Raspberry Roll.—Cut thin pie paste into square strips, spread with raspberry jam, roll over, tie at the ends and bake.

THE STRAWBERRY.

This most delicious berry of all that grows is best served fresh from the vines with sugar and cream. If the plants are mulched, as they should be, the fruit needs no washing; otherwise they should be carefully picked over, placed in a colander and cold water allowed to run through till the sand and dust have all passed out. Cap them afterward, just before serving, and let each person sugar them according to taste.

A beautiful dish is made by filling a crystal bowl with large crimson selected strawberries, served uncapped. They are held by the stems and dipped in powdered sugar, one by one. A more luxurious way is to heap high a generous plateful and stand by each a tiny sugar-holder and cream-jug. It is a fitting concomitant of June roses, sunshine and greenery.

It is a mistake to eat the strawberry with cake or ice-

cream. Under these blandishments its true flavor is dulled if not lost. A roll or a biscuit with fresh unsalted butter affords a fitting background for the indescribable and unapproachable flavor of a fruit which appeals so exquisitely to three senses, those of sight, smell and taste. Sydney Smith could not help saying "Doubtless God could have made a better berry than the strawberry but He never did." It was a stupid world that did not say it when the fruit first ripened.

Like all fruit, perfect strawberries are best served entire and uncooked. Heat injures that fine volatile flavor which is a part of their individuality. When cream is plentiful it makes a good change to crush the berries, press them through a sieve, and beat them into thick sweet cream. They may be spread upon short-cake and between its layers. Garnish with a ring of ripe large berries about the edge and a little pyramid in the center.

It was the true poet and artist who wrote

"O marvel, fruit of fruits, I pause
To reckon thee. I ask what cause
Set free so much of red from heats
At core of earth and mixed such sweets
With sour and spice: what was that strength
Which out of darkness length by length
Spun all thy shining thread of vine,
Netting the fields in bond as thine,
I see thy tendrils drink by sips
From grass and clover's smiling lips,
I see the wild bees as they fare,
Thy cups of honey drink but spare."

Strawberries and Whipped Cream.—Sift powdered sugar over a layer of hulled and washed strawberries, arranged in a deep dish, and cover with strawberries again, then with sugar, till the dish is nearly filled. This should be done just before they are served. Pour over them a large cupful of cream whipped with the whites of two eggs and two tablespoonfuls of powdered sugar.

Strawberries and Oranges.—Cover a quart of strawberries with powdered sugar, pour over them half a tea-cupful of orange juice and serve at once. Very delicious.

Crushed Strawberries.—Where strawberries are small or inferior in appearance they may be crushed, sweetened and mixed with the beaten whites of two or three eggs. Berries and eggs should first be thoroughly chilled on ice, then served as soon as mixed.

Strawberry Mould.—(Good Health.) Prepare some strawberry juice by putting fresh berries in a jar and placing it in a kettle of hot water until the juice flows freely from the berries, then strain. Have a half cupful of sago soaked for an hour in just water enough to cover. Boil the sago in a quart of the fruit juice until thick like jelly. Pour into moulds, put in a cold place, and when needed serve with sugar and whipped cream.

Strawberry Custard.—Make a boiled custard with the yolks of five eggs, a quart of milk, half a cupful of sugar and a trifle of flavoring. Crush and strain one pint of berries, mix in half a cup of powdered sugar and gradually beat this into the well-beaten whites of the four eggs with two or three tablespoonfuls of sugar, according to the acidity of the fruit. Serve the custard in shallow dishes with two tablespoonfuls of the float upon each.

Strawberry Short-Cake, No. 1.—Into a pint of flour sifted with a heaping teaspoonful of baking-powder rub an even tablespoonful of butter. Stir in milk enough for a very soft dough, a half pint will be sufficient. It is to be quickly handled without rolling; flatten it out with the hand about three-quarters of an inch thick; it will be double that height when baked. Time, about eighteen minutes. Take from the oven and cut it in large sections or squares with a hot knife to prevent heaviness, and tear each section apart with the fingers. Butter the split sides and over them spread fresh berries either whole and dredged with sugar or crushed and sweetened. Pile one section on its other half and serve with cream if possible, if not with sauce made as described in Raspberry short-cake. A good sized short-cake should double this recipe. If made a little thicker it can be torn apart while entire.

Invert the top, cover with berries and proceed as before.

Another way is to roll into four thin pieces, fitting each to a jelly tin. Butter two of them on the tins, very lightly, and lay a second piece of dough over the first. When baked tear them apart, butter, cover with berries and pile one on the other. This method prevents the possibility of heaviness and insures the short-cake good when cold. A thin frosting over the top is excellent.

Strawberry Short-Cake, No. 2.—Mix two heaping teaspoonfuls of baking-powder with one quart of flour. Beat one egg, mix in two tablespoonfuls of melted butter and one of sugar, with nearly one pint of new milk, and stir all together. Make it thin as can be handled, knead little and bake in two or three pans. Run a hot knife around the edges, pull apart with the fingers, butter the split sides, and over them spread fresh berries, either whole and dredged with sugar, or crushed and sweetened. Pile one section on the other, and serve, if possible, with cream. The cake should be about three-fourths of an inch thick before baking, and from fifteen to eighteen minutes will be time enough.

Strawberry Short-Cake, No. 3.—(Good Health.) Beat together one cupful of thin cream, slightly warmed, a tablespoonful of yeast, and two small cupfuls of flour. Set in a warm place till very light. Add sufficient warm flour to mix soft. Knead thoroughly for fifteen or twenty minutes. Divide into two equal portions, and roll into two sheets about one-half inch in thickness, making the centers a very little thinner than the outside, so that when risen they will not be highest in the center. Place in tins, and set in a warm place until perfectly risen, or until they have doubled their first thickness. Bake quickly.

Prepare the fruit by chopping or mashing, if large, sweeten to the taste, and add a little cream if desired. Spread one cake with fruit, and cover with the other.

Strawberry Pudding.—Make a jam by mashing fresh strawberries and sweetening to the taste. Spread slices of

light whole wheat bread with the jam, and pile them one above another in a pudding dish. Pour over the whole thin cream sufficient to moisten well; cut into pieces and serve. A simple custard may be used in the place of the cream if preferred.

Strawberry Dumplings.—(Table Talk.) Put one pint of sifted flour into a bowl, rub into it two ounces of butter, add a teaspoonful of salt, a heaping teaspoonful of baking-powder and sufficient milk to moisten, about one gill; mix quickly, take out on a board and roll out into a sheet a quarter of an inch in thickness, cut into cakes with a round biscuit cutter, put about three strawberries in each cake, fold them over neatly and steam about twenty minutes. While they are steaming make the

Strawberry Sauce.

Beat two ounces of butter to a cream, adding gradually four ounces or a half cup of powdered sugar, then add twelve strawberries, one at a time, mashing and beating until the whole is perfectly light. If it has a separated or curdled appearance, add a little more sugar and stand in a cold place until wanted.

Strawberry Pie.—Line a pie-plate with thin paste and set in the oven till nearly baked. Take from the oven and fill with sugared berries, dredge with flour, cover the top, diamond-wise, with narrow strips of paste, return to the oven and finish baking.

THE TAMARIND.

The fruit of this beautiful leguminous tree is delightfully acid. It is preserved with sugar in the tropics where alone it is found. A native of Africa and India, the tamarind grows to the height of sixty feet. In the midst of its thick foliage gleam white blossoms which soon turn yellow and ripen into fruit pods from three to six inches long. Inside of the hard shell is the pulp containing seeds. The pulp, which is acid and juicy, is used for a cooling laxative drink.

Tamarinds may be kept by stoning them and packing in layers in glass jars, spreading each layer with fine white sugar. Cover with sugar and seal up tight.

MISCELLANEOUS.

Fruit Soup.—(Philadelphia Cook Book.) One pint of cranberries or currants, two quarts of water, one teacupful raisins, one cupful dried apples, one teacupful dried pears, two tablespoonfuls corn-starch, one half pound of sugar; cut the apples and pears into small pieces, cover with lukewarm water and soak one hour. Stem and seed the raisins. Put the cranberries or currants into the water and boil fifteen minutes, then press them through a sieve. Return to the soup kettle and add the pears, apples, and raisins; boil all together one hour. Moisten the corn-starch with a little cold water, add it to the boiling soup, stir constantly until it thickens, add the sugar and serve.

Fruit Rolls.—Take bread dough ready for the oven and roll it thin, spread thinly with butter, sprinkle with currants, seeded and halved raisins, sugar, and a little cinnamon, cut into three inch wide strips, an droll up like jelly-cake. Lay them flat in a baking-tin or pan, cover them, set in a warm place and bake when light. They should be eaten within three or four days.

Ambrosia.—Slice pine-apple very thin, or pick it apart from the center with a fork, sprinkling it thickly with sugar, and cover the top with grated cocoanut.

Berry Cobbler.—Fill a deep pie-plate of earthenware with berries of any kind, cherries or other fruit, dredge with sugar and pour in a little cold water if the fruit is not very juicy. Cover the whole with a light pie-paste much thicker than usual, or with biscuit crust, prick with a fork and bake three-fourths of an hour. If the fruit is hard let it simmer half an hour on the top of the stove before making the crust. Served either warm or cold the crust should be cut in sections and these inverted on dessert plates before

piling on the fruit. It is a good way to dispose of fruit that is not perfectly ripe.

Berry Mush.—Simmer a quart of berries in a pint of water, sweeten to taste, and stir in a heaping teaspoonful of corn-starch, wheat flour or arrowroot to give the berries consistency. Serve cold with cream. If made stiffer the mush can be cooled in moulds for a summer dish.

Fruit and Bread Dessert. Heat any kind of fruit, either fresh or canned, boiling hot and sweeten to taste. Butter thin slices of bread with which line the bottom of a deep dish and cover it with the hot fruit. Add other slices of bread and a layer of fruit until the dish is full, having fruit on the top. Eat while it is warm.

Fruit Whip.—Sweeten to taste either strawberries, raspberries, nectarines or peaches, mash the fruit and to every quart allow the whites of four eggs well beaten. Set on the ice and serve with or without cream.

Jellied Fruit.—Make a stiff jelly with isinglass as directed upon the label. If berries are to be used or any juicy fruit, mix the expressed juice with the isinglass, instead of water. In a fancy mould or a pyramid pour in two inches of jelly, then a layer of the fruit, when the jelly has set. Add more jelly and fruit and when cold serve with cream. Peaches cut in halves are fine, so are all kinds of berries. Peaches should be peeled and pitted.

Fruit and Sago.—Soak a teacupful of sago half an hour in a teacupful of cold water and boil it till it is clear, adding just enough water to cover it. When it is transparent pour a little into a mould which has been wet, then put in a few tablespoonfuls of stewed apricots, berries, preserved cherries, peaches or plums, and after that more of the sago, and alternate with the fruit. Set on the ice and turn from the mould when served, as it will become a solid jelly. Serve with real or mock cream or boiled custard.

Fruit Toast.—Toast nicely slices of stale bread, butter

them thinly and pile in a broad, shallow serving-dish. Over them pour stewed fruit, such as raspberries, huckleberries, or blackberries. Canned fruit is as good as fresh. Fruit of any kind must be sweetened to taste. Cover with an old plate and set for a few moments in a moderate oven, to allow the juice to soak the toast. Serve hot.

Fruit Pot-Pie.—Butter a deep cooking-dish and put in the bottom a pint of berries or more, fully half that will be used. Make a light biscuit dough and pat it into a round and lay it on the fruit. Pile the remainder of the fruit on the dough and sprinkle with sugar. Set the kettle over a slow fire and into one side pour enough boiling water to nearly cover the pie. Cover closely and boil gently twenty-five minutes. Slide the pudding on a platter and serve with liquid sauce.

Fruit Cake, No. 1.—Beat three eggs till light, cream one cup of sugar and one of butter, and mix with the eggs; stir in one cup of molasses and one of sweet milk, then four cups of flour and a trifle over (a little more than one quart), then one rounded tablespoonful of baking-powder, a teaspoonful each of spice, cassia, and cloves, and lastly one half pound of seeded raisins, the same quantity of Zante currants and a few thin slices of shredded citron. This will make two good sized loaves. Bake in a slow oven.

Fruit Cake, No. 2.—Beat together the yolks of three eggs and the white of one, add one cup of creamed butter with one cup of brown sugar. Stir in one cup of molasses, one teaspoonful each of cloves and cinnamon, three cups of flour and three teaspoonfuls of baking-powder. At the last stir in one pound of seeded raisins warmed and floured, and one pound of shredded citron. Bake two hours in a slow oven. Frost with the two reserved whites beaten with one cupful of powdered sugar and one teaspoonful of corn-starch.

Fruit and Blanc-Mange.—Boil for a few minutes five rounded tablespoonfuls of dissolved corn-starch in a quart

of milk. Pour it immediately over a quart of ripe peaches peeled, quartered and thickly sprinkled with sugar. It is to be eaten cold. In place of peaches use berries, mel-low pears, apples, jam of any kind or stewed quinces, plums or cherries.

Peach-Blossom Cake.—One cupful of powdered sugar and half a cupful of butter, creamed together, half a cupful of sweet milk; beat the whites of three eggs to a stiff froth, stir butter, sugar and milk thoroughly together, add the whites, and lastly a teacupful of flour in which one teaspoonful of baking-powder and one half a teaspoonful of corn-starch have been sifted. Flavor with lemon or peach. Grease cake-tin and line with paper. Bake in a moderately quick oven, and when a straw will pierce the cake without sticking, take from the oven and sandwich with finely grated cocoanut and pink sugar. Frost sides and top with clear icing, and sprinkle this with powdered pink sugar.

Jam Roll.—Beat three yolks of eggs light with one cupful of sugar, then a tablespoonful of milk and the stiffly beaten whites. Stir in one cupful of flour and a heaping teaspoonful of baking-powder. Bake in long shallow tins, spread with jelly and roll up and tie the ends while warm. Serve in thin slices.

Fruit Flummery.—Line a glass dish with thin sponge, or any other kind of plain cake or with lady's-fingers. Over the pieces, just before serving, pour a plain thin boiled custard made with the yolks of three or four eggs. Upon that spread a layer of peeled and sliced oranges, pears, plums, peaches, fruit sauce of any kind, such as jam, jelly or marmalade. Cover this with the whites of the eggs beaten with pulverized sugar to a stiff froth, and eat at once.

Fruit Tarts.—Line small round or scalloped cake-tins with paste rolled thin, and bake. Just before serving, at breakfast, luncheon or tea, fill with any kind of stewed fruit, such as strawberries, raspberries, cherries, currants, plums or pears. Sprinkle with sugar and serve with or without cream.

Snowfruit.—Slice apples, peaches or pears, and scatter, between the layers, fresh grated cocoanut and sugar. Berries of any kind may be used instead of larger fruit. Frost the top lightly with cocoanut and sugar. Eat with or without cream.

Evaporated or dried fruit.—This can be made most palatable if it is swelled in water overnight before cooking. It needs a thorough washing in two or three waters, then let it steep on the back of the stove till morning. Add more water if necessary, and when the fruit is soft throughout let it cook slowly till it seems perfectly tender. Evaporated apples should be pressed through a colander to render them perfectly smooth. Sugar ought not to be added till just as the fruit is ready to be taken from the fire. A little lemon juice and peel, those ever-ready givers of flavor, may be used where the fruit seems flat and tasteless. A few Zante currants well washed and soaked or raisins heighten the taste of an insipid fruit, not otherwise. They should be steeped with it. To preserve the shape, and, it must be said, to perfectly preserve the flavor, wash and simmer rapidly till it is tender. It should be closely covered with agate or earthen.

French Pancakes with Jelly.—Six eggs, two cupfuls of flour, one saltspoonful of salt, two tablespoonfuls of sugar, the grated rind of a lemon. Beat the whites and yolks of the eggs separately. Add one pint of milk and stir with other ingredients. Lastly, add one tablespoonful of melted butter. Butter a frying-pan, pour in a ladleful of batter, and fry quickly; then spread on the cake a teaspoonful of melted currant-jelly, and roll up. Serve six cakes at a time. Any kind of jelly may be used.

Fruit Fritters.—Soak a teacupful of fine bread crumbs in a cup of hot milk till they are very soft, then stir in a tablespoonful of flour wet with two tablespoonfuls of cold milk. Boil till it thickens, stirring to prevent lumps. To this add the well-beaten yolks of three eggs, when it is sufficiently cool, then half a teacupful of jelly or jam, or small

berries, and lastly the well beaten whites. Fry at once in hot fat.

Fruit Dumplings, No. 1.—Into one pint of flour sift one heaping teaspoonful of baking-powder, and rub into it one rounded tablespoonful of shortening, either beef suet, drippings or butter, making it as fine as pins' heads. Into it stir with a spoon a scant teacupful of water or enough, according to the flour, to make a thin batter; if too thick it will be heavy. Have ready in a shallow saucepan or earthen dish one pint of stewed fruit of any kind, either apples, berries, cherries, peaches or plums, into which drop the batter, spoonful by spoonful. The fruit may be fresh or canned, but must not be too juicy, and must be boiling rapidly. When the batter is dropped into it, it will run together into one mass. Cover at once and closely, and let it boil, without raising the cover or lifting it from its place for twenty minutes. If perfectly prepared the crust will be light and spongy. Dish immediately into dessert plates and serve, as delay may cause the dumpling to fall. It must not be mixed till it is cooked. If there is superfluous juice, use it in making a liquid sauce for the dumpling. Where milk is used in place of water in its preparation, no shortening is needed.

Fruit Turn-overs.—(H. Annette Poole.) For the crust take one cupful of milk, one egg, one half-cupful of sugar, shortening the size of a small walnut, one scant teaspoonful of soda and two of cream of tartar, add flour and roll out about an eighth of an inch thick. Cut out as large as a saucer, put a spoonful of fruit on one half, turn the other over it, leaving a rim around the edge which is to be wet and turned over. Be very careful to press the edges together to prevent the escape of the fruit. Crimp the edges with the fingers, place carefully in fat so hot that a bit of the dough rises immediately in it, and turn them carefully as soon as they rise to prevent them from bursting open. Brown them evenly, turning as necessary, and be sure that the crust is done before lifting them out. They may be tried with a small-tined fork which should come out clean. The fruit should be very thick that the juice may not run

out of the pies. These turn-overs are good made out of tart, dried or evaporated apples, properly soaked, stewed and seasoned.

Fruit Stewed.—Peaches, greengages, plums and apricots are to be neatly peeled and stoned and laid in a saucepan with a pint of cold water to a quart of fruit; over it distribute a proper amount of sugar, and just before the fruit comes to a boil skim well. Stir from the bottom of the saucepan with a wooden spatula to prevent burning, and take from the fire when tender, keeping them closely covered to retain the flavor. When it is desired to retain the skins prick them with a large needle and plunge into boiling syrup.

Syrup for preserving Fruit.—To seven pounds of granulated sugar add five pints of cold water; stir till well heated but do not let it boil. Set aside to use in canning fruits or stewing them for sauce.

Fruit Pies and Tarts.—(Alessandro Fillipini.) The chef of Delmonico in his book "The Table" directs that pies and tarts of peach, apricot, pear, plum, cherry, huckleberry, gooseberry, currant, pine-apple, cranberry, strawberry, raspberry and blackberry shall be made in the following manner: After lining the bottom of the pie-dish or tart-mould with paste in the usual way, cover it with a thin layer of apple marmalade (or apple-sauce) over which arrange the fresh fruit above the apple. Then dust with powdered sugar and bake in a moderate oven twenty minutes. At the end of that time draw them to the oven door and sprinkle the edges lightly with sugar, then leave them in the closed oven two minutes to allow the sugar to melt thoroughly. Remove them from the fire, put to cool for twenty minutes, and then spread evenly over the fruit one and one-half ounces of apple jelly. Strawberries, raspberries and blackberries are stewed uncooked over the marmalade baked in paste, and over that spread a layer of the apple jelly.

FRUIT PUDDINGS.

Fruit Puddings.—All plain puddings are greatly improved by spreading over them, after baking, a thick layer of jam, jelly, or the pulp of stewed fruit. Cover the top with a meringue made by beating the whites of one, two or three eggs with as many tablespoonfuls of sugar, and then returning to the oven just long enough to brown lightly. The fruit converts an insipid dish into one which recommends itself to any palate. Puddings of simple rice or bread are in this way made pleasant to both sight and taste. Frequently the necessity of rich steaming sauces which are both extravagant and unwholesome are thus obviated. It is impossible to describe the many changes which may be rung from the apple, cherry, berries of all kinds, peaches, plums, quinces, and cocoanuts, but which any intelligent housekeeper can vary according to wish and time. If jams and jellies are put up with less sugar than usual, that is a little less than pint and pound, the result will be more agreeable than where the old measure is adhered to. In a dark, dry, cool cellar such fruit will keep equally well, especially if canned.

Fruit Pudding, No. 1.—Pour one quart of boiling milk over three-quarters of a pound of bread-crumbs and six tablespoonfuls of sugar, one tablespoonful of butter, three eggs, well-beaten, and half a teaspoonful of extract of vanilla. Put two cups of strawberry, raspberry or peach jam into a mould, pour in the batter and steam for two hours. Cover the mould while steaming. It makes a delicious dessert.

Fruit Pudding, No. 2.—Mix together one cup of molasses, one cup of chopped suet, one of milk and three of flour with two teaspoonfuls of baking-powder, one large

cupful of seeded and chopped raisins and the same quantity of Zante currants. Season with nutmeg. Steam three hours. Serve with any favorite liquid sauce.

Fruit Pudding, No. 3.—Into one quart of scalded milk stir two rounded tablespoonfuls of Indian meal, two tablespoonfuls of flour, one tablespoonful of butter and two-thirds of a cupful of molasses. Let it thicken, stirring all the while to prevent burning. Pour it into a buttered pudding-dish and stir in a large cupful of seeded raisins and a teaspoonful of ginger. Set in a moderate oven and occasionally stir up from the bottom. At the end of half an hour stir in a teacupful of cold milk, or more if it seems needed. Bake, without stirring, half an hour longer.

Fruit Pudding, No. 4.—Soak one cup of stale bread-crumbs in one pint of hot milk; add one tablespoonful of butter, one cupful of sugar, one saltspoonful of salt, and one saltspoonful of spice. When cool, add three eggs, well beaten. Add two cups of fruit, either chopped apples, raisins, currants, canned peaches, or apricots,—one, or a mixture of two or more varieties. When using canned fruit drain it from the syrup, and use the latter in making a sauce. Vary the sugar according to the fruit. Turn into a buttered pudding-mould and steam two hours.

Fruit Minute Pudding, No. 5.—Measure out one quart of rich new milk, reserving half a pint in order to wet five large rounded tablespoonfuls of sifted flour. Heat the larger portion of the milk, together with one even cupful of sugar, to a boil in a farina kettle, and turn the hot mixture gradually over the cold milk and flour, stirring all the while to prevent lumps. Return it to the kettle and cook it till it thickens, which will be about ten minutes after it begins to boil. Take it off the stove and beat while it is cooling. When half cold add sliced bananas, or whole strawberries, whortleberries, raspberries, blackberries, sliced apricots or peaches. Serve ice cold. The amount of fruit will be determined by the taste of the maker.

A delicious variety of the same pudding may be made by

leaving out the fruit and replacing one-half pint of milk by the same quantity of strong coffee. Again, a chocolate pudding may be substituted by using one square of chocolate with the quart of milk and cooking it just as for the fruit pudding but minus the fruit.

Fruit and Cake Pudding, No. 6.—In a buttered pudding-mould put a layer of fine cracker-crumbs or plain cake; if the former moisten these with milk, then a layer of jam and a layer of cake crumbs. Over this strew grated or desiccated cocoanut, and over all stale cake-crumbs. Steam the pudding two hours. Eat with sweet cream.

Fruit Pudding, No. 7.—Line a baking-dish with a light puff paste and over it strew a layer of shredded pineapple. Sprinkle with powdered sugar and add a layer of thinly sliced oranges, seeded and sugared. Continue with bananas and repeat the layers of these three fruits till the dish is full. Cover with paste and bake to a light brown.

Fruit Pudding, No. 8.—Cut in slices half a pound of any kind of stale cake, sponge is best, and soak an hour in warm milk, then beat up lightly adding a large teaspoonful of butter if sponge cake is used, one well-beaten egg, yolk and white separate, and a dessertspoonful of sugar. The whole should be slightly thicker than ordinary cake mixture. At the last stir in a large tablespoonful of quince or orange marmalade, or chopped pine-apple, peach, cherries, berries, apricots or plums, and bake in a buttered pudding-dish in a moderate oven. If desired a meringue can be poured over the top, made by beating the whites of two eggs and two tablespoonfuls of powdered sugar to a stiff froth. When the pudding is done cover with the meringue, return to the oven, and brown slightly. In this case use the beaten yolks of the two eggs for the pudding.

Fruit Pudding, No. 9.—Cover the bottom of a buttered pudding-dish with crumbs of plain, stale cake mixed with cracker-crumbs, and moisten them with a little milk.

Over this put a layer of citron, seeded raisins and figs, candied cherries, bits of marmalade or berry jam, and a few blanched almonds cut in quarters. On this strew another layer of crumbs, and over the whole pour a custard made with two cups of milk, three eggs and three tablespoonfuls of sugar. Cover it and let it soak half an hour, then set in hot water in a large dripping-pan and bake half an hour.

Fruit Pudding, No. 10.—Cream two-thirds of a cupful of butter and two heaping cupfuls of sugar, and stir in four eggs beaten light, yolks and whites together. Mix in three-fourths of a cupful of milk, two teaspoonfuls of lemon juice, one and one-half cups of flour, two even teaspoonfuls of baking-powder, one cupful of seeded raisins and half a cupful of currants, both warmed and rolled in flour. Steam three hours.

Fruit Pudding, No. 11.—To one quart flour, four eggs, one cup of butter, one teaspoonful soda, two teaspoonfuls cream of tartar, add sweet milk enough to make a stiff batter. Then stir in two cupfuls of seedless raisins or dried cherries, and bake.

Fruit Pudding, No. 12.—Soak one cup of stale bread-crumbs in one pint of hot milk, add one tablespoonful of butter, one cup of sugar, one saltspoonful of salt, and spice to taste. When cool add three eggs well beaten. Add two cups of fruit, either chopped apples, raisins, currants, canned peaches, or apricots,—one, or a mixture of two or more varieties. When using canned fruit, drain it from the syrup and use the latter in making a sauce. Vary the sugar according to the fruit. Turn into a buttered pudding-mould and steam two hours.

Fruit Pudding, No. 13.—Stir two tablespoonfuls thick cream in a pint of buttermilk, add a scant teaspoonful soda, a teacupful of sugar, and enough sifted flour to make a smooth, light batter. Butter a tin basin and place in it fruit of any kind to the depth of an inch or more; add sugar to taste and pour the batter over it. When it is

baked, turn it bottom side upon a large platter, and serve with sweetened cream.

Fruit Pudding.—(Queen of Puddings) Soak one pint of stale bread-crumbs in one quart of rich new milk for half an hour, then stir in one cup of sugar and the yolks of three eggs beaten together. Mix in one heaping teaspoonful of butter and beat all together thoroughly. At the last add the juice and grated yellow peel of one lemon. Bake half an hour in a moderate oven. Beat the whites of three eggs light with as many tablespoonfuls of powdered sugar. Draw the pudding to the mouth of the oven and spread over it a layer of jam, jelly, marmalade or fresh fruit mashed and sweetened, and over that spread the meringue. Let it brown in the oven a few minutes with the door open, and serve warm or cold.

Jam Turn-overs.—Roll paste four inches long and nearly three in breadth—it should be an eighth of an inch thick—and on each lay a spoonful of jam marmalade or any kind of stewed fruit drained of its juices. Turn the edges over and press them lightly together, wetting them very slightly, and bake in a moderate oven. Dredge with powdered sugar or cover with soft icing and serve.

Fruit Manioca Pudding.—Pour one quart boiling water over one half cup of manioca, stirring to prevent lumping, then mix in three cupfuls of strawberries, raspberries, huckleberries, or sliced peaches, with a scant cupful of sugar. Add one or two well-beaten eggs, and bake slowly about an hour. Serve with cream and sugar. A cupful of fruit juice may be used in place of the fruit.

Berry and Rice Pudding.—Soften cold boiled rice in the proportion of two cupfuls of milk to two of rice, stirring till all the lumps are dissolved, add three eggs, well beaten, a teaspoonful of butter, a scant cupful of sugar, and lastly two cupfuls of raspberries, blackberries, pitted cherries or chopped apple. Bake slowly in a buttered pudding-dish one hour.

Fruit and Tapioca Pudding.—Soak one cupful of tapioca in two quarts of water overnight after washing it well, and in the morning cook in a farina kettle till it is soft and transparent. Sweeten slightly and turn it into the dish in which it is to be served. Over the tapioca turn a tumblerful of jam, jelly or stewed or canned fruit. It may be berries, cherries, plums, pears, pine-apple, peaches or quince, or two or three kinds mixed, anything left from cans or tumblers that are half used. Mix with the tapioca, stirring from the bottom, and serve with sweet cream. It makes an easily made and delicious dish.

Fruit and Tapioca.—Wash half a cupful of tapioca in several waters; soak, and in the morning cook till it begins to soften. Then add to it one and one half cupfuls of jelly, jam or marmalade, and sugar to taste, and cook till it is soft. Stir in the beaten whites of three eggs, and turn into a mould to harden. Serve with cream or a thin custard made with the yolks of three eggs.

Jelly Pudding.—Two cups very fine stale biscuit or bread-crumbs, one cup rich milk, five eggs, beaten very light, one-half teaspoonful soda, stirred in a little water, one cupful jelly, jam, or marmalade. Scald the milk and pour over the crumbs. Beat until half cold, and stir in the beaten yolks, then whites, finally the soda. Fill large cups half full with the batter, set in a quick oven and bake half an hour. When done turn out quickly; with a sharp knife make an incision in the side of each, pull partly open, and put a liberal spoonful of the conserve within. Close the slit by pinching the hedges. Eat warm with sweetened cream.

English Plum Pudding.—(A two guinea Prize Plum Pudding selected out of five hundred recipes.)

- 1 pound of raisins,
- 1 pound of finely chopped suet,
- $\frac{3}{4}$ pound stale bread-crumbs,
- $\frac{1}{4}$ pound brown sugar,
- Grated rind of one lemon,

$\frac{1}{2}$ pound of minced candied orange peel,
 $\frac{1}{4}$ pound flour,
1 pound of currants,
 $\frac{1}{2}$ a nutmeg grated,
5 eggs.

Clean, wash and dry the currants. Stone the raisins. Mix all the dry ingredients well together. Beat the eggs (here it is directed to add one-half pint of brandy, for which the same quantity of sweet cider may be substituted, or fruit juice of any kind), then pour them over the dry ingredients and mix thoroughly. Pack into greased small kettles or moulds (this will make about six pounds), and boil for six hours at the time of making and six hours when wanted for use.

Fruit and Bread Pudding.—Cut a small stale loaf of bread into very thin slices and butter them lightly. Into the bottom of a large pudding-dish, buttered, put a layer of bread, then a handful of currants and raisins. the former must be washed and dried, the latter stoned and chopped. Over this put a second layer of bread and then fruit. Make a custard of four eggs, two and a half cupfuls of milk, four tablespoonfuls of sugar, and pour over the bread and fruit. Cover and let it stand half an hour to soak the bread, then bake in a moderate oven forty minutes.

FRUIT SAUCES FOR PUDDINGS.

Banana Sauce.—Make a syrup of one cupful of sugar and one half a cupful of water, and boil; thicken it with one even tablespoonful of corn-starch, made smooth in a little cold water, and stir in one heaping teaspoonful of butter. Mash one large ripe banana and beat into the sauce, which should be used as soon as it is cool. In the same way make a sauce of raspberry, currant, or strawberry, using either fresh or canned fruit. If there is much juice thicken it with arrowroot or corn-starch, and sweeten it to taste, add butter in due proportion.

Jelly Sauce.—Beat the whites of three eggs to a stiff froth, gradually adding one half cupful of powdered sugar. Soften one half cupful of jelly, either currant or any other, on the back of the range and beat that into the eggs. Then beat in one half teacupful of sweet cream and serve at once.

Lemon Sauce.—Wet one heaping tablespoonful of flour with two of cold water to a smooth paste and stir it into two cupfuls boiling water. Stir till it thickens. Beat together two-thirds of a cupful of sugar and a heaping teaspoonful of butter with one egg, yolk and white together, and pour over these ingredients the cooked paste, stirring constantly for one minute or till the sugar is melted and egg scalded. Set back on the stove and mix in the juice of one large lemon and half the grated peel or the juice of two small lemons.

Orange Sauce.—Orange sauce is made like lemon sauce except that a little more flour is needed to thicken as more orange juice is needed for flavoring. Two oranges will be none too many.

Peach Sauce.—Boil one cup of new rich milk in a small saucepan set in a larger or in a small, farina kettle, and thicken it with one tablespoonful of flour, made smooth in a little cold milk. When it thickens mix in one egg beaten with two-thirds of a cup of sugar and stir till the egg is cooked. Then take from the stove and stir it into two-thirds of a cup of very ripe peaches, pared, and pressed through a colander, or the same quantity of stewed or canned peaches likewise mashed and sifted. Beat well and set on the ice till cold. If the fruit used is already sweetened use only half a cup of sugar. Apricot sauce is made in precisely the same way.

Raspberry Sauce.—Stir one tablespoonful of butter to a cream and beat in a heaping cupful of sugar, the juice of one small lemon and lastly one cupful of fresh raspberry

juice, or raspberry jam. Beat together, chill on ice and serve with fruit pudding. In the same way make any kind of fruit sauce.

Strawberry Sauce, No. 1.—Rub to a cream one large spoonful of butter and one cupful of sugar. Mix in the stiff beaten white of one egg and one half pint of mashed strawberries.

Strawberry Sauce, No. 2.—Beat together one cupful of sugar and one tablespoonful of butter and stir into one cupful of boiling water. Then stir in one level tablespoonful of flour, made smooth in three of milk, and let it thicken. Pour the whole over one quart of strawberries mashed through a colander. Beat well and heat, but not boil the sauce, if it is desired hot. One pint of canned strawberries may be used instead of the fresh.

Raspberry or currant sauce may be made in the same way. For currants take a little more sugar.

SAUCES FOR GAME.

Jelly Sauce for Game.—Cut a small onion into thin slices and fry in a piece of butter as large as an English walnut until it is brown. Then add a teaspoonful of flour stirred in smoothly, two bay leaves, one dessertspoonful of vinegar or one teaspoonful of lemon juice, and lastly half a cupful of currant jelly.

Currant Sauce for Game.—Mash six quarts of ripe currants, add the juice and grated peel of three large or four small oranges, discarding seeds. Stone one quart and one half of raisins, chop fine and add to currants and oranges. Cook slowly two hours, then add six pounds of granulated sugar, stir and cook slowly three-fourths of an hour. Pack in jars of glass or stone.

FRUIT FILLING FOR LAYER CAKE.

To the almost numberless ways of concocting fruit filling for layer cake woman's inventive genius is constantly adding new recipes. Fruit is grated, mashed, stewed and made into jellies and marmalades for this sole purpose. A favorite method is to incorporate the result with icing. Any plain cake may be taken as the base of layer cake, as for instance, the following :

Cake for Filling, No. 1.—(Marion Harland) Three eggs, one cup of sugar, butter the size of an egg, one cup of flour, one teaspoonful of cream of tartar and half a teaspoonful of soda. Bake in jelly tins and spread with jelly or filling.

Cake for Filling, No. 2.—Cream one cupful of powdered sugar and one tablespoonful of butter, and mix in the well-beaten yolks of three eggs, then the stiffly beaten whites then three-fourths of a pint of flour, alternately with half a cupful of milk, and lastly one heaping teaspoonful of baking-powder.

Almond Filling, No. 1.—Boil half a pint of cream. While it is heating mix a teaspoonful of flour with a tablespoonful of cold milk and stir into the yolks of three eggs, beaten with two heaping tablespoonfuls of sugar. Stir the whole into the boiling cream and cook till thick. Then mix in half a pound of blanched and chopped almonds and spread between the layers. Flavor the icing with almond extract.

Almond Filling, No. 2.—Take one pint of sweet cream a day old. Whip till very light with an egg-beater. Blanch

and chop a pound of almonds. Stir into the sweetened whipped cream, and put on the top and between the layers.

Almond Filling, No. 3.—Blanch a pound of almonds, reserve a dozen and chop fine the remainder. Beat the whites of three eggs, adding gradually a scant cup of powdered sugar. When stiff enough to stand alone save out enough to ice the top of the cake and mix the chopped almonds with the rest. Spread this between the layers and cover the top with the reserved portion. Split in two the dozen whole almonds and arrange in a garland in the icing while soft.

Apple Filling.—Peel and grate two large sour apples and flavor with extract of lemon or lemon peel. Stir in one well-beaten egg and one cup of sugar, whip it well, then let it simmer in a granite saucepan five minutes, or till it thickens. If too thin stir in one dessertspoonful of flour, made smooth in a little cold water.

Banana Filling, No. 1.—To five or six peeled and mashed bananas add the juice of one lemon and half a cup of sugar.

Banana Filling, No. 2.—Make an icing as directed in Almond filling, and into it stir two finely mashed bananas. It will be enough for two layers. Use double the number of bananas for four layers, and so on. Garnish the top with thin layers of the fruit if it is to be eaten immediately, otherwise simply cover it with icing.

Chocolate Filling, No. 1.—Scrape or grate one square of Baker's chocolate and mix with one cupful of sugar. Stir it very slowly into a half-teacupful of boiling milk, then mix in the slightly beaten yolks of two eggs. Stir well and simmer ten minutes. When cooked flavor with half a teaspoonful of vanilla and spread between the layers.

Chocolate Filling and Icing, No. 2.—Scrape two squares of chocolate, mix with one cupful of brown sugar and melt in a small cup over a tea-kettle of boiling water. Beat the whites of three eggs to a stiff froth, flavor with a teaspoonful of vanilla, and carefully mix in the chocolate. Beat well, and spread between the layers and upon the top. Should it harden too rapidly rewarm over boiling water.

Chocolate Filling, No. 3.—Scrape two squares of chocolate into one half cup of milk, add three heaping tablespoonfuls of sugar and boil till thick. Spread between and upon the layers.

Cocoanut Filling, No. 1.—Boil together two cupfuls of powdered sugar and half a cupful of water till it snaps when dropped in cold water, then beat in slowly the stiff beaten whites of two eggs and a teaspoonful of lemon juice or vinegar. Beat till cold, then mix in four tablespoonfuls of grated or desiccated cocoanut and spread between the layers. Strew the top with grated cocoanut mixed with half the quantity of sugar. A filling not so rich is made by the recipe given in Almond filling.

Cocoanut Filling, No. 2.—Make a soft icing of the whites of three eggs and pulverized sugar, with which cover each layer thickly. Over it spread fresh grated cocoanut or desiccated cocoanut, soaked half an hour in a cup of milk.

Cocoanut Filling, No. 3.—Two cupfuls granulated sugar, two-thirds cup milk of the fresh cocoanut, boiled together until it will harden when dropped into cold water. Beat whites of two eggs to standing froth, pile high on large platter, and pour syrup while boiling over them, stirring constantly. While cooling add a tablespoonful more of cocoanut milk and flavor. Reserve enough to cover top and sides of cake, and into the remainder put one-half cup fresh grated cocoanut and spread quickly (before it cools) between the four layers. Then while the plain frosting is yet warm, cover top and sides, and sprinkle thickly with plenty of cocoanut. This recipe may be used

with the desiccated by previously soaking one large cupful in half cup sweet milk.

Cranberry Filling.—Use rich cranberry jelly as filling for layer cake. Cover the top with icing colored a delicate red with a trifle of cranberry juice or cochineal. Arrange the slices with alternate squares of cake covered with white icing.

Date Filling.—Pare, core and slice tart apples and stew till nearly done, then add an equal quantity of stoned dates. Cook slowly till the fruit is reduced to a pulp. Sweeten with but little sugar as the dates are rich in saccharine matter, and press the pulp through a sieve. Use as a filling for layer cake or Washington pie.

Fig Filling, No. 1.—Separate and wash a dozen large fresh figs. Chop them fine, barely cover with water, and let them boil to a soft paste. Remove from the fire and at once stir into the icing, made by beating stiff the whites of four eggs with one cupful of sugar.

Fig Filling, No. 2.—Boil together one half pound of figs and half a cup of water with three tablespoonfuls of sugar for five minutes, or until the ingredients make a paste. The figs should first be separated, washed and chopped moderately fine. While the paste is warm spread it between the layers.

Fig Filling, No. 3.—Boil one pound of pulverized sugar in a scant half cup of water till it hairs, and gradually stir it into the well-beaten whites of three eggs. Beat together till it begins to stiffen. Then reserve one third of it for icing and into the remainder stir one pound of sliced figs. Flavor with lemon juice and spread between the layers and frost the top with the reserved icing, flavored with a scant teaspoonful of vanilla.

Fig and Raisin Filling.—Prepare the figs as in the preceding recipe, adding half as many stoned raisins, by measure, as of figs. Soak and simmer the raisins and when

tender add to them the chopped figs. Simmer again till the figs are soft, then spread between the cake. An equal quantity of figs and raisins may be used.

Jelly Filling.—Any kind of fruit jelly, jam or marmalade is good to spread between layers of cake or upon a single thickness of thin cake. It should be made with little or no butter, the jelly spread upon it as soon as the cake is taken from the oven, and then tied to cool in a roll, which is to be served in thin slices.

Lemon Filling, No. 1.—Cream together one egg and one cupful of sugar, stir in one tablespoonful of butter and one tablespoonful of flour with two thirds of a cup of water. Boil until it thickens, then stir in the grated peel and juice of one large or two small lemons.

Lemon Filling, No. 2.—Whites of three eggs, three cupfuls of sugar, one teaspoonful of vanilla, three teaspoonfuls of lemon juice. Pour half a pint of boiling water on the sugar and let it boil until clear and almost candied. Beat the eggs to a stiff froth, and stir them into the boiling syrup; remove from the fire and beat thoroughly until it becomes a stiff froth; add the lemon juice, and when perfectly cold add the vanilla. Spread it between the layers and on the top and sides of the cake.

Orange Filling, No. 1.—Grate part of the yellow rind of a juicy orange, then peel and grate that and another, remove the seeds, add two tablespoonfuls of water, one cupful of sugar, and scald in a farina kettle. Into it stir one tablespoonful of corn-starch, made smooth in a little cold water, and cook until the corn-starch is thick. Beat the whites of two eggs to a stiff froth, with one cupful of powdered sugar, reserve enough of this to spread upon the top, and stir the rest into the orange when it is almost cold. Flavor the icing with extract of orange.

Orange Filling, No. 2.—Beat the white of one egg to a froth, gradually adding three-fourths of a pint of powdered

sugar and the grated rind and juice of one large orange.

Orange and Cocoanut Cream Filling.—Into one egg beaten stiff, yolk and white together, stir one cupful of sweet cream, half a cup of sugar, one cup of grated cocoanut, the juice of one large orange and part of the grated peel. With this spread each layer and the top of the cake, over which sprinkle fresh grated cocoanut.

Peach Filling.—Beat till they are stiff the whites of three eggs, adding gradually a scant cupful of powdered sugar. Spread a portion of this over the thickest of the layers for the bottom of the cake. On this arrange a layer of peeled and sliced peaches, and on them place another layer of cake. Proceed in the same manner with one or two more layers. If the fruit is very ripe it may be mashed and then stirred into the icing. Nectarine or apricot filling may be prepared in the same way.

Pine-apple Filling.—Make a thick boiled icing in which squeeze the juice of two oranges. Spread over the layers of cake and sprinkle thick with grated pine-apple. To make boiled icing turn half a cup of hot water over one cup of granulated sugar and boil until it hairs. Into the stiff beaten white of one egg add as much cream of tartar as can be heaped upon the point of a penknife, and into the egg beat slowly the hot syrup until it is cold and thick.

Raisin Filling, No. 1.—Chop together one cupful of seeded raisins and half as many blanched almonds and stir into boiled icing, which is made by cooking together one cupful of granulated sugar and half a cup of hot water till a long thread can be spun from the syrup. Then proceed as in the recipe above. The raisins must then be stirred in rapidly and the icing spread at once between the layers. Leave out the almonds if desired.

Raisin Filling, No. 2.—Boil a cup of maple syrup till it hairs, or dissolve enough maple sugar to make a cupful,

stirring in two teaspoonfuls of vinegar to prevent graining, then add a cupful of seeded and chopped raisins and stir till cold.

Hickory Nut Filling.—Make an icing of three beaten whites and as many cups of pulverized sugar and spread on each side of the layers. Cover the top of each with the meats of nuts.

Raspberry and Strawberry Filling.—Cover each cake layer with icing made like that given in Almond cake, and over each spread another of fresh fruit. Let them be of berries selected for their size and sweetness and carefully arranged.

Tutti Frutti Filling, No. 1.—Chop very fine two ounces of citron, then add a quarter of a pound of fresh figs and chop till these are also fine. Add two-thirds of a cupful of blanched almonds and chop again. Chop separately three tablespoonfuls of seeded raisins and mix with the rest. Make an icing as in Almond filling, into which, with a fork, lightly mix the chopped fruit. Place it between the layers while the cake is warm.

Tutti Frutti Filling, No. 2.—Into the white of one egg beaten stiff stir one cupful of seeded and chopped raisins, half a cupful of grated cocoanut, half a cupful of chopped almonds and one heaping tablespoonful of sugar. The raisins and almonds should be chopped to a paste.

FRUIT, JELLIES, JAMS AND MARMALADES.

Apple Jelly, No. 1.—For this purpose use sour apples which have both flavor and juice. Wash, cut out defects, and slice in small pieces retaining both core and skin. Throw into a granite or porcelain kettle with just enough water to cover them, stew slowly till they are soft, and press gently through a flannel jelly-bag. Boil the juice half an

hour, then add, by measure, half as much sugar as juice. Return to the kettle and boil a few minutes, or till it jellies when dropped on a plate. One quince to every dozen apples gives a rich flavor to the jelly. Crab-apples require a little more sugar, a heaping cupful to a pint of juice.

Apple Jelly, No. 2.—Take apples of the best quality, good flavor, not sweet, cut up and stew till soft; strain out the juice, letting none of the pulp go through. Boil to the thickness of molasses, then weigh, and add as many pounds of crushed sugar, stirring until all is dissolved. Add one ounce of extract of lemon to every twenty pounds of jelly, and when cold set away in close jars. It will keep for years.

Apple Jam, No. 1.—(Mrs. Parsons.) Pare and core tart apples and chop them fine. To each pound of apples use three-fourths of a pound of sugar, and the juice and finely cut rind of one lemon, and for three pounds of apples one heaping teaspoonful of ginger. Stew apple, sugar, lemon and ginger one hour, then put in cans or glasses and cover well. Keep in a cool, dry place.

Apple Jam, No. 2.—(Mrs. Cornelius.) Weigh equal quantities of brown sugar and sour apples. Pare, core and chop them fine. Make a syrup of the sugar and clarify it thoroughly, then add the apples, the grated peel of two or three lemons and a few pieces of white ginger. Boil till the apples look clear and yellow. The ginger is essential to its peculiar excellence.

Apple Marmalade.—Pare and core sour apples, chop them moderately fine and stew with a little water, allowing three-fourths of a pound of sugar to a pound of fruit. When reduced to a fine pulp put it in pint cans or jelly jars. This is nice for tarts.

Barberry Jelly.—Wash, stew, mash and strain the berries. Boil the juice half an hour and allow, by measure, two-thirds as much sugar as juice. Drop in the heated

sugar and boil ten minutes, or even less, if it jellies when dropped from the spoon.

Blackberry Jelly.—Like all other fruit the common blackberry is better for this purpose than the finer varieties. The berries should be plucked before they are fully ripe. They should be cooked in a very little water, or better, in a stone jar set upon a few sticks or a false bottom in a larger kettle of cold water and boiled till they will easily mash. Squeeze through a flannel jelly-bag, boil the juice twenty minutes in a porcelain or granitized kettle, allow a pound of sugar for every pint of juice, heat it in the oven, and boil up again, then turn into jelly tumblers that have been made scalding hot.

Blackberry Jam.—To every pound of berries put three-fourths of a pound of sugar, and stir often to prevent burning. Cook slowly till the berries are mashed and well done. A little currant jelly or lemon peel increases the flavor.

Cherry Jelly.—Wash and stone the cherries and heat, without the addition of water, in a stone jar or porcelain kettle. Then proceed precisely as in Blackberry jelly.

Crab-apple Jelly.—Cut Siberian crab-apples to pieces, but do not pare or remove the seeds, which impart a pleasant flavor to the fruit. Put into a stone jar, set in a pot of hot water, and let it boil eight or nine hours. Leave in the jar all night, covered closely. Next morning squeeze out the juice, allow pound for pint, and proceed as in all jellies. Should the apples be very dry, add a cup of water for every six pounds of fruit.

Cranberry Jelly, No. 1.—To every quart of cranberries allow a dozen large tart apples, which are the best cut up without skins and seeds and boiled with the berries till all are tender. Strain through a jelly-bag, and to every pint of this allow a scant pint of sugar. Boil the juice fifteen minutes, skim, and then add the heated sugar. Boil fifteen minutes longer, or till it jellies, when dropped from the spoon, then pour into glasses or bowls.

Cranberry Jelly, No. 2.—Pick over the cranberries, wash, and put into a porcelain kettle with a cup of water to a gallon of berries. When soft mash with a wooden spoon and turn through a strainer fine enough to retain skins and seeds. Take equal quantities of the pulp and sugar heated in the oven and boil, stirring constantly to prevent burning. Cook about eight minutes from the time when it begins to boil, and turn into hot bowls or glasses.

Cranberry Marmalade.—Press the cranberries through a sieve fine enough to retain the skins, and sweeten the pulp with half its measure of sugar. Boil slowly an hour, or till it thickens when dropped from the spoon on a cold saucer, and pour into glasses.

Currant Jam.—Measure the currants and to every quart measure out two-thirds of a quart of sugar. Mash the fruit and cook one hour, stirring frequently to prevent burning. Then add the sugar, and stir and simmer for fifteen minutes, then put up in hot cans or hot jars.

Currant Jelly.—Select fruit fully ripe but not stale. The sooner it is used after turning red the better jelly it makes, and a dry sunny day is almost indispensable. Wash the currants and pick out imperfections and leaves, but do not stem them. If convenient use one-fourth or one-fifth the quantity of raspberries as of currants. Scald the fruit and strain through a jelly-bag without applying much pressure. Measure the juice and take the same quantity of sugar, if currants alone are used, if berries are added take a scant measure of sugar, a little more than two-thirds. Spread it upon shallow plates and set in the open oven where it can be stirred to prevent burning. Boil the juice twenty minutes, skimming often, then pour in the hot sugar. Simmer gently ten minutes, by which time the juice ought to begin to thicken when dropped into a cool saucer, then dip into hot glasses, and cover closely when cool. If it does not thicken at once, set in the sun.

The following recipe is vouched for by several persons who have tried it.

Cold Currant Jelly.—(Mrs. Robinson.) Crush the currants in an earthen jar, taking care not to crush the seeds, then pour them on a fine wire sieve and let the juice filter through. When they no longer drip, put them into a coarse muslin bag and squeeze the remaining juice into another dish. This last is to be made into jelly by itself, as it is not so clear as that which has filtered through the sieve without assistance. The first must be examined closely and if not perfectly clear, strained again; then weigh it, and allow two pounds of granulated sugar to one of juice. Mix and stir until it has become perfectly blended, so there will be no grains of the sugar to be seen on the spoon when lifted out. Now cover the jar and put it into a very cold cellar for twenty-four hours, or into an ice-chest, stirring it thoroughly every two or three hours during the day and evening, and again early in the morning. It can not be stirred too much, as on its perfect blending depends your success. It is worth trying, for it is superior in flavor to all jellies. At the end of twenty-four hours it can be poured into jelly glasses and sealed up. It must be kept in a very cool place, and is not to be touched for four or five months.

Green Gooseberry Jam.—Cut off the stems and blossom ends and throw them into the preserving kettle. Allow two and a half pounds of fruit. Mash it with a wooden spoon and boil rapidly ten minutes before adding the sugar. Cook forty minutes, stirring to prevent burning, and seal in tumblers or jars.

Grape Jam.—Strip off the skins and put them in an earthen dish and boil the pulp in a porcelain kettle till the seeds are separated. Most of them can be skimmed from the surface of the juice and pulp, the remainder will sink to the bottom when the kettle is set back from the fire. To the pulp, juice and skins together take three-fourths their weight in sugar, but do not add the sugar till the fruit has boiled half an hour. Then let it just come to a boil and seal in cans. For most tastes half as much sugar as fruit will be sweet enough.

Grape Jelly.—Select fruit that is hardly ripe: the wild grape may be used while green. Mash with a wooden spoon, throw into a preserving kettle, and cook fifteen minutes. Strain through a jelly-bag, boil up the juice, skimming it well, then add a pint of hot pulverized sugar to every pint of juice. Boil ten minutes and seal. This is the usual formula in regard to sugar, but a third less sugar keeps equally well and 's fully as palatable.

Orange Marmalade, No. 1.—(Mrs. Todd in Good Housekeeping.) Grate the outer yellow rind, which contains the essential oil, from the fruit used for marmalade and pour over it enough boiling water to soften it. Then peel the skins off all the fruit, taking care to remove all the white inner rind, and cut the fruit in pieces. Remove all the seeds and save the juice. Pour cold water over the skins and let them boil till they are thoroughly tender, then take them out, strain them, and scrape the strings from the inner side with a knife. This done, cut them into very thin, even strips. While this is being done the syrup must be preparing in this manner: The weight of the oranges in lump sugar is put in a porcelain kettle with one pint of water to every two pounds of sugar and the well-beaten white of one egg. Let it come to a boil slowly, skim, pour in a little cold water, and as the scum rises skim again. Let the skimmings drain through a hair sieve and return the dripping syrup to the kettle. Into this clarified syrup throw the thin strips of orange peel and simmer till they are transparent. Then add juice and pulp and the water strained from the grated peeling. Let it boil till it jellies by trying with a spoonful dropped into a cool plate. Then turn into moulds or glasses, and let them stand till the next day. Cover with thin paper wet with alcohol, and over that tie another soaked in white of egg. This is called chip marmalade.

Orange Marmalade, No. 2.—(Smooth.) This is made like the "chip" except that the rinds are boiled very soft and pounded in a mortar. Mix them by degrees into the syrup with a spoon till they are thoroughly incorporated,

which must be done before the boiling begins again. When they are well blended stir in the juice and pulp, return to the fire and boil till it becomes one mass, which is when the color is clear and the mass heavier in stirring. Then, after the grated peel is pounded in a mortar the marmalade is taken off the fire and the grated peel stirred in. Return to the fire and boil up again. In using bitter oranges keep out a portion of the grated peel, unless it is desired very bitter. Manufacturers generally use about one-third of the peel.

Orange Marmalade, No. 3.—Quarter some large, ripe fruit; remove the rind, seeds, and filaments, taking care to save the juice. Put the pulp and juice into a porcelain kettle, and mix with an equal quantity of strained honey, adding sufficient powdered sugar to make it sweet, as the honey will not sweeten it enough. Boil and skim till very thick, smooth, and clear. When cold put it in jars.

Orange Marmalade, No. 4.—Grate the yellow rind and carefully pare off the tough white skin. Remove pits and stringy portions and cut the soft pulp fine. For every pound of pulp and grated peel take a pound of white lump sugar and half a cup of water. Make it into a syrup and skim, then stir in the oranges and boil half an hour. Turn into glasses and set in the sun. Seal or tie when hard.

Orange Marmalade, No. 5.—Make a thick rich apple-marmalade out of sour, tender fruit, using a pound of sugar to each pound of fruit; while still hot stir into it the pulp and juice of oranges, prepared as in No. 4, except that the oranges need not be quite as sweet as pound for pound. Simmer and stir till the fruit is very thick, then tie up in jars or cans. The proportion of apple to orange may vary according to taste; one-fourth as much orange as apple will make a good marmalade.

Orange Jam.—(The Home Maker.) Cut twelve oranges in very thin slices and seed them. Add to them six pints cold water, leaving it standing all night. Then add six pounds of sugar and boil till it thickens into jam.

Peach Marmalade.—Select rich juicy fruit, pare, stone and weigh, and heat slowly, using no water but its own juices. Crack the kernels of one third of the pits, cut them up and stew in a pint of water for half an hour, then strain out the liquor, which is to be added to the peaches after they have been boiling three-quarters of an hour and have been reduced to a smooth jam by the heat and by mashing. At the same time add three-fourths of a pound of sugar to every pound of peaches and the juice of a lemon to every four pounds of jam. Boil ten minutes, skim and seal.

Peach Jelly.—Peel and stone the peaches, cracking a dozen pits out of a measure in order to flavor the fruit with the kernels. Slice the fruit fine and cook until the whole is reduced to a pulp. A teacupful of water must be added to every four quarts of fruit. Express the juice as in other jellies, adding the juice of one lemon and two oranges to every pint. Proceed as in other recipes. It is much better to make peaches into marmalade, since it is almost impossible to separate much juice from the pulp. Plum jelly is made like the peach except that the pits are not needed as flavoring.

Pear Jelly.—Peel and quarter juicy ripe pears and stew with a very little water, taking care to prevent burning. If cooked in a double boiler the addition of water will not be needed. When reduced to a pulp strain through a sieve so as to leave only the juice, taking care to squeeze out none of the pulp. Boil twenty minutes, add sugar, heated and measured as in other jellies, heat till it thickens and pour into jelly tumblers. This is obviously not a fruit well calculated for jelly.

Pear Marmalade.—Proceed as for pear jelly but press the pulp through a coarser sieve. Put over the fire again and stir constantly to prevent burning. When it becomes quite thick add a pound of sugar for every pint of pulp, measured before it has boiled the second time, simmer gently, and put in jars of glass or stone.

Quince Jelly.—Wash carefully and cut out all dark specks. Cut in pieces without paring or coring, and stew very slowly in enough water to cover the fruit. When soft strain, boil twenty minutes and add, by measure, one-fourth the quantity of sugar. Boil until it jellies when dropped upon a cold plate. As it is difficult to press out all the gelatinous juice it is well to pour hot water upon the pulp in the jelly-bag and press it through slowly. This diluted juice will be found serviceable in stewing apples or quinces again. An excellent jelly is made by adding a quarter or a third the quantity of sour apples to the quinces.

Quince and Apple Jelly.—Cut small and core an equal weight of tart apples and quinces. Put the quinces in a preserving kettle, with water to cover them, and boil till soft; add the apples, still keeping water to cover, and boil till the whole is nearly a pulp. Put the whole into a jelly-bag, and strain without pressing. To each quart of juice allow two pounds of lump sugar. Boil together half an hour.

Quince Marmalade.—Wash, peel and core the fruit, dropping it into water to prevent its turning black, and stew the cores and peelings for three hours, in enough water to cover them. Strain out the gelatine in a stout jelly-bag without pressure, adding a little boiling water after the first juice is expressed, to rinse off all that remains. The liquor should then be put on to boil with the quinces and stirred often till the fruit is reduced to a fine jam. Then add the sugar, which need be only three fourths the weight of the peeled quinces, boil up once, skim them, seal in cans or put in glasses, and cover with oiled paper pasted tightly around the tops.

Raspberry Jam.—Weigh the berries and allow three-fourths their weight in sugar. Put the fruit on the stove in a porcelain kettle and mash with a wooden spoon. When mashed turn in currant juice, a pint of juice to every two quarts of berries or even more; the proportion ought to suit the taste of the housekeeper. A little currant juice

gives individuality to the berry. Let it boil, skimming often. Then add the sugar, let it boil hard once, stirring all the time, and seal or put up in bowls.

Raspberry Jelly.—Make like Blackberry Jelly.

Strawberry Jam.—Select small, sweet strawberries, wash, hull and weigh them, allowing three-fourths as much sugar as fruit. Mash the berries over the range in a porcelain or granite-lined kettle, with a wooden masher or spoon, allowing a large teacupful of water, or even more if the fruit is not juicy, to every four pounds of fruit. Boil half an hour, stirring constantly, then pour in the sugar, which should have been heating in the oven. Boil twenty minutes, then seal in cans. Pint cans are most convenient.

Strawberry Jelly.—Take fresh fruit, hardly ripe, and boil in a glass or stone jar set within a kettle having a false bottom to keep the jar from the fire. When the berries are soft, squeeze through a jelly-bag, measure the juice and allow for each pint, as usual, a pound of sugar. Heat the sugar as in currant jelly and boil the juice twenty minutes or thirty if it is a damp day. Then turn in the sugar, stir to prevent burning, let it boil up once, and turn into jelly tumblers standing in hot water.

FRUIT PASTES AND JELLIES WITHOUT SUGAR.

It is not generally known that fruit juice may be boiled to a jelly without sugar. Mash the fruit and strain, boil down very carefully, in porcelain or granite ware. While it is thin cook rapidly, but as it thickens let it simmer slower and slower and finally finish in a stone-ware jar in a cool oven.

Apple Jelly or Pomarius.—Filter new cider made from sour apples through a flannel bag and heat it in por-

celain till it begins to thicken. Finish drying in shallow dishes till it is of the consistency of jelly and about one tenth of its first measure. Pack it in glass or earthen, and it will keep during the summer. It can be diluted for sauces or beverages. It is useful for picnics and camping parties, or where fresh fruit is not easily obtained or canned fruit is too cumbrous to carry.

DRIED FRUITS.

Since the days of canning, dried fruit has fallen into undeserved disrepute, and it is a pity, since drying preserves the flavor of many fruits better than any other process of preservation.

Inferior fruit can be made into jellies and jams, unripe fruit may be stewed and preserved, but fruit for drying must be of the first quality and thoroughly ripe.

Paring-machines are cheap enough to come within reach of every family, but they should be used only upon apples. In sections of the country where this fruit does not keep well it is a good plan to dry a few in the fall. As for berries and other fruits, there are many who have not time to can, or who have no cool closet room for jars, to whom dried fruit will be a luxury.

Apples dried.—Drop pared apples into cold water to prevent discoloration, cut into eighths and dry on frames covered with cheese-cloth or coarse netting. They should be supported on posts in the sunshine, away from flies and dust, and carefully covered. Turn over the pieces every day, and when thoroughly dry store in paper bags where they are away from the reach of insects.

In stewing dried apples pick over the fruit, wash in two waters, and cook in boiling water half an hour. By this

process of fast boiling the flavor is preserved and the fruit retains its shape. Keep closely covered while cooking.

Dried Berries.—Pick over the fruit, spread on old earthen plates and sprinkle thick with sugar. Set them on a table in the sun and cover with netting, supported so as not to touch the fruit. Finish drying in a cool stove oven when the fruit has shrunk one half. Turn often with a silver knife. Pack in bags and stew in hot water.

Dried Currants.—One pint sugar to one pint stemmed currants. Put them together in a porcelain kettle, a layer of currants at the bottom; when the sugar is dissolved to a syrup let them boil one or two minutes. Skim from the syrup, and spread on plates to dry in a partially cooled oven. Boil the syrup until thickened, pour it over the currants, and dry with them. Pack in jars, and cover closely. Blackberries may be dried in the same manner.

Dried Cherries.—Stone the cherries with a machine which comes for that purpose, throwing in a few pits, and over them strew a little white sugar. Stir them gently and let them stand a few hours. Drain off the juice and put in a preserving kettle, let it come to a boil and throw in the cherries. Let them cook up once and then spread on plates to dry like berries. If they are too juicy boil it down before putting in the fruit. Use half as much sugar as cherries by weight. Stir often while drying and pack, while hot, in jars, with a little sugar sprinkled between the layers. Cover closely with paper and keep cool and dark. They may be used in place of raisins. Dry currants in the same manner.

Dried Peaches.—Peel yellow peaches, cut them from the stone in one piece, allowing two pounds of sugar for six pounds of the fruit; make a syrup of the sugar and a little water, let it boil, put in the peaches and let them cook till they are quite clear, take them up carefully on a dish and set them in the sun to dry. Strew powdered sugar over them on all sides, a little at a time, and if any syrup is

left remove them to fresh dishes. When they are quite dry lay them lightly in a jar with a little sugar between each layer. They retain the flavor of the fruit better than canned peaches.

Dried Plums.—Dry with the stones in to preserve the full flavor. Where those are objected to stone the plums and fill the cavities with sugar. Dry like berries on plates sifted over with sugar. Turn often and finish in a cool oven.

Peach Leather.—(Table Talk.) Pare a half peck of nice yellow peaches, remove the stones, weigh the peaches, and to each pound allow a quarter of a pound of granulated sugar. Stew them slowly together, mashing and stirring to prevent scorching. When they have cooked dry enough to spread out in a thick paste, grease a perfectly smooth board with butter, spread the peaches all over it in an entirely smooth thin sheet, stand it in the sun to dry, bringing it in before the dew falls; if necessary, put it out the second day. When this peach marmalade is sufficiently dry not to be sticky, roll it up like leather, and keep it in a dry place. It will keep perfectly well from one season to another.

When wanted for use cut it in thin slices from the end of the roll.

Quince leather may be made in precisely the same manner.

These fruit leathers are popular through Maryland and Virginia. They form a pleasant accompaniment to wafers or crackers for lunch or tea.

FRUIT BEVERAGES AND SYRUPS.

Appledade, No. 1.—Wash and slice one large or two medium sized sour apples for every quart of water; they should neither be peeled nor cored. Put it on the fire in a tin or

porcelain saucepan with the water, and boil, closely covered, until the apple stews to pieces. Strain the liquor at once, pressing the apple hard in the cloth. Strain this again through a finer bag, and set away to cool. Sweeten with white sugar, and ice for drinking. It will keep some time if set in a cool dark place if it is first scalded.

Appleade, No. 2.—Bake three or four sour apples, mash them in a porcelain or stone dish, add half a cup of sugar and pour boiling water over them. When cold, strain, and add more sugar if needed.

Appleade, No. 3.—Stir a tablespoonful of apple jelly into a goblet of cold water.

Apple Toast Water.—Toast a large slice of bread on both sides till it is very brown and crumble into large pieces. Mix these with two or three baked apples and over them pour a quart of boiling water. Sugar to taste, and when cold strain for a cooling and nutritious beverage.

Blackberryade.—Steep a quart of blackberries in a quart of water till the fruit is tender, then mash the berries and strain out the juice. Sweeten and dilute according to the taste.

Blackberry Cordial.—Wash fresh ripe berries and mash them with a wooden spoon or mallet. Strain out the juice, and to every four quarts add one quart of boiling water. Let it stand in a cool place twenty-four hours, stirring occasionally. Strain again, and to every gallon of liquid add two heaping pints or two pounds and a half of the best white sugar. Stir it well and cork in jugs or seal in cans. It is excellent for invalids, especially in summer. No alcohol is needed to keep from fermentation.

Blackberry Vinegar.—Put a gallon of fresh berries in a stone jar, and over them pour one quart of good cider vinegar. Cover closely, and in two weeks strain and pour the vinegar over two quarts fresh berries. At the end of a week if it does not seem strong enough pour it over two

quarts more. Allow one pound and one half of sugar to every quart of vinegar, heat to the boiling point, skim, and bottle or seal.

Cranberryade.—Mash two-thirds of a pint of berries in one cup of cold water. Boil one large spoonful of oatmeal and a slice of lemon in two quarts of water, add the cranberries and sweeten to taste. Boil half an hour and strain.

Cherry Cordial.—Crush a pint of cherries, leaving in the pits, sweeten to the taste, and over them pour a quart of boiling water. Strain and add sugar if needed. All kinds of berries and larger fruit may be used in the same manner. Cool on the ice. It may be made as rich and strong as desired.

Currantade.—Mash a quart of ripe currants, or currants and red raspberries mixed, in the proportion of twice as much of the former as of the latter fruit, add half as much sugar, with four quarts of water. Stir thoroughly and press through a jelly-bag. It may be made more or less sweet at pleasure. This is a cool refreshing summer beverage. It will keep several days on ice.

Fig Water.—Boil half a pound of figs with half an ounce of ginger in two quarts of water until it is reduced to a pulp. Strain and bottle, or use at once.

Fruit Temperance Beverage.—(Dr. M. L. Holbrook.) Twelve lemons, one quart ripe raspberries, one pine-apple, two pounds best refined sugar and three quarts of pure soft cold, not iced, water. Peel the lemons very thin. Squeeze the juice over the peel, let it stand two hours, add the two pounds of refined sugar, mash the raspberries with half a pound of the same sugar, peel the pine-apple and cut in very thin slices and cover them with sugar. Strain the lemon juice, crush the raspberries, press the pine-apple, put the lemon juice in a bowl, add the three quarts of water, the lemon juice and pine-apple, stir all together till the sugar is dissolved, then strain and serve. This makes a delicious beverage.

Fruit Juices.—Heat all kinds of berries, or red and white currants, and mash and strain as in making jelly. Pour the juice into a preserving kettle and let it boil. Skim and cook fifteen minutes. Then to every quart of juice put three-fourths of a teacupful of sugar, after it is heated in the oven. Boil ten minutes and seal in cans. Fruit juice is excellent in the winter and early spring, not only as a flavoring for beverages but to use in sauces and various kinds of cooking.

Gooseberry Water.—Pour over a pint of green gooseberries two quarts of water and add half an ounce of ginger. Boil to a pulp, then let it settle, and strain. Sweeten to taste.

Grape Vinegar.—Pulp the grapes and throw into a stone jar, adding, by measure, a scant third of cider vinegar. Cover closely and stir often. On the fourth day press through a cloth, and to the expressed juice add sugar in the proportion of five pounds of good white sugar to every three quarts of vinegar. Skim and boil ten minutes, then seal while hot, like canned fruit. A tablespoonful in a tumbler of water makes a grateful summer drink.

Grape Juice, No. 1.—One of the best uses to which fruit can be put is in making nature's summer beverage, the unfermented juice of the grape. It is rich, fragrant, invigorating and nutritious. There are special brands in the market, but any one having grapes can manufacture his own beverage.

This unfermented grape juice is recommended by medical men as an invaluable and unstimulating tonic. It is used for communion purposes, as a substitute for wines at festivities, and as a flavoring for blanc-mange, gelatines and ice-creams. As it is wholly free from alcohol, grape juice is fast growing into popular repute.

For the preparation of unfermented wine or grape juice, one of the National Superintendents of the W. C. T. U. contributes the following recipe:

“Select your grapes—not too ripe—then put them into a kettle with a little water, and slowly bring them to a scalding heat, stirring them occasionally.

Then put them into a cheese-cloth bag and drain over night. Express the juice, and strain through another, thicker bag, and add sugar to suit the taste; then bring to a boil, skimming frequently; bottle and cork. The corks should be long and perfect, the juice fill the bottles, except just space enough to insert the cork at first, to make it airtight; then, as the juice cools, press down the corks so that no space is left between the juice and cork, or can the juice be the same as fruit. If any is left, scald, bottle, and cork as before. In this manner is made unfermented wine (which neither sours nor ferments), for communion purposes.

Grape Juice, No. 2.—The grapes should be of the best quality. Wash them thoroughly, after stripping from the stems, and discarding any that are imperfect. Throw them into a granitized kettle with half a pint of water to every three quarts of fruit, skim when they begin to boil, and cook very slowly for ten minutes. While still boiling hot, strain through a jelly-bag, squeezing the skins and seeds into a separate receptacle, as the juice from them will be apt to be discolored. Return the liquid to the preserving kettle, and after boiling half an hour seal in heated glass cans like fruit. The juice from seeds and skins may be bottled separately. It can be safely kept till grapes are again ripe, if packed in a cool, dark place. The absence of light is as imperative as the absence of heat. Cooled on ice it makes a delicious and wholesome beverage, and is supposed to have specially tonic qualities.

If grape juice cannot be kept in a very cool place, add one cup of sugar to every quart of juice at the end of half an hour, then boil ten minutes longer.

Lemonade, No. 1.—Cut three large or four small juicy lemons upon a cupful of white sugar in a porcelain or glass pitcher. Bruise it well and stir, then pour over it a quart of cold water. It is best to take out the pips. Use boiling water for hot lemonade.

Lemonade, No. 2.—Peel four lemons, over the peel of one pour a pint of boiling water. Make a syrup of one cupful of sugar and one cupful of water, boil it ten minutes, skim, and pour it over the infused lemon peel, squeeze in the lemon juice and add more sugar and water as desired. Cool on ice.

Lemonade, No. 3.—Slice four lemons and two oranges, and proceed according to lemonade No. 1. Then add two tablespoonfuls of crushed strawberries, raspberries or cherries, and half a dozen slices of pine-apple. Let the fruit stand for an hour, then strain. Use only one kind of fruit with the lemons, if desired.

Lemon Tea.—Into fresh steeped black tea drop thinly sliced lemon, peel and all except the seeds, in the proportion of one slice to a small cupful of tea. With it sugar may be used. This is the famous Russian tea concocted in samovars, introduced into this country by travelers fresh from Russia.

Lemon Vinegar.—Fill a quart bottle or glass can nearly full of cider vinegar, and into it drop the yellow rinds of six lemons and the juice of two. In a short time the vinegar may be used instead of pure lemon juice. A tablespoonful in a glass of water, into which stir a piece of soda as large as a pea, produces a glass of foaming lemon soda. Use home-made fruit juice as the flavoring.

Lemon Punch, No. 1.—Grate the yellow rinds of two lemons and two oranges over two pounds of lump sugar, and squeeze over it the juice of five lemons and two oranges. Let it stand till the sugar is dissolved; it will take three or four hours. Beat and mash the sugar. Add the stiff beaten whites of four eggs, mix thoroughly, and pour over it two and one half pints of ice water. Serve in tumblers.

Lemon Punch, No. 2.—Pare four large or five small lemons and peel off the white rind. Take the pulp without the seeds, with the thin yellow peel and two teaspoonfuls

of best green tea, and steep in one pint of boiling water ten minutes, taking care not to let it boil. Strain it and add a pound of sugar, over which has been squeezed the juice of two more lemons. Pour over another pint of boiling water and serve hot. Dilute according to taste.

Lemon Tincture.—Pare the yellow rind very thin when lemons are used, and drop into a jar half filled with grape juice. Seal at once.

Lemon Whey.—Boil as much milk as is required, squeeze a lemon, and add as much of the juice to the milk as will make it clear. Mix with hot water, and sweeten to taste.

Lemon Water.—Cut a fresh lemon into very thin slices, put them in a pitcher, and pour on one pint of boiling water. Let it stand till cold, sweeten to taste, and use.

Milk Lemonade to keep a day or two.—Pare twenty-four large fresh lemons as thin as possible; put eight of the rinds into three quarts of hot but not boiling water, and let it stand three hours. Rub fine sugar on the rind of the others, to absorb the essence. Put it in a china bowl, and squeeze the juice from the lemons over it, after which add a pound and a half of fine sugar. Now put the water to the above, and add three quarts of boiling milk. Mix and pour through a jelly-bag. Use the day after made.

Lemon Syrup.—To every pint of the juice of sound fresh lemons, take one pound and one quarter of sugar. Heat it, skim, and seal in glass jars.

Orangeade, No. 1.—Squeeze three oranges upon three tablespoonfuls of sugar, add a dash of lemon juice, and fill with a pint of water. Orange syrup may be boiled and canned for a summer drink precisely like lemon syrup.

Orangeade, No. 2.—On a heaping pint of sugar pour a half pint of water and the beaten whites of two eggs.

Set it on the stove and let it boil, then strain it, and add a tumblerful of orange juice. Cool on the ice.

Pine-appleade.—Peel and grate, or chop, a fine pine-apple and sprinkle it with pulverized sugar. Over it pour one quart of boiling water; sweeten to taste. Strain and chill on ice.

Raspberry Syrup.—Mash and strain ripe red raspberries and make a syrup of a pound of sugar with one scant pint of water. Boil fifteen minutes, and to this syrup add one pint of berry juice, and simmer slowly, well covered, for half an hour. Seal when hot. In the same way make currant syrup, and a mixture of currants and blackberries, also plum syrup. If syrups are made on a damp, muggy day boil half an hour longer.

Raspberry Vinegar.—This is made like Blackberry vinegar.

Raspberry Acid.—Mash, strain and sweeten raspberry juice and dilute with water. Then dissolve four ounces of tartaric acid in two quarts of soft water, and pour over ten pounds of berries. Strain in forty-eight hours, and to every pint of juice add a pint of sugar. Bottle for flavoring beverages.

Raspberry Cordial.—Weigh one pound of berries, crush them and stir into them one quart of water, one whole lemon sliced and the juice of two oranges or a little orange-flower water. Mix, cover, and let it stand two hours, then strain and stir in one pint of sugar dissolved in a little boiling water. Set on the ice and serve.

In the same manner prepare cherry, grape, or blackberry cordial.

Strawberry Water.—Crush one pound of ripe strawberries with one half pound of fine sugar and let them stand three hours. Then add one cupful of water, the juice of one lemon, and strain through a fine sieve. Other berries may be similarly prepared, adding more sugar if they are very acid.

Strawberry Syrup.—Make a syrup of one pound of sugar and one pint of water, and boil till it will spin a thread. Skim before it begins to boil. Add one pint of strawberry juice and boil for three-fourths of an hour. Seal hot.

Strawberry Vinegar.—Over four quarts of strawberries pour three quarts of vinegar. Cover, and at the end of three days strain, and to each quart of vinegar add one pint of white sugar. Let it come to a boil, skim and seal.

Tamarind Water.—Boil two ounces of tamarinds, a scant cupful of currants, and one and one half cupfuls of raisins in four quarts of water till it is reduced to three quarts. Strain and cool.

Tisane.—(French.) Chop fine a cupful of dried fruit, such as figs, dates or prunes, and steep for an hour in one quart of water. Strain, sweeten to taste, and use as a beverage.

The following recipes are taken from the “Vegetarian Messenger,” London, Eng.

Fresh Fruit Syrups.—1. *Currant Syrup*: Take two quarts of red currants, mash them, and add one quart of water; let them stand till the next day, then run through a jelly-bag, and to every pint of juice add one pound of loaf sugar. Put into a skillet, or preserving pan, place this on the fire, and let it boil gently for twenty minutes—removing all the scum as it rises—and when cold, bottle. To make a currant or any other fresh fruit drink, put a small wine-glass of the syrup to a tumbler of iced water. In all cases the best fresh fruit, free from stalks, etc., should be used, and then crushed with a *wooden* (not metal) instrument. All these syrups should be tightly corked when bottled. 2. *Black Currant Syrup*: To every quart of black currants add one pint of water; put on the fire, and boil for twenty minutes. Then strain through a jelly-bag, and to every pint of juice add one pound of sugar. Again,

boil gently for another twenty minutes, and when cold, bottle for use. Quantity for syrup as above. 3. *Cherry Syrup*: Pick two pounds of Kentish cherries from the stalks; put all into a mortar, and pound the fruit, shells, and kernels. Add the juice of one lemon, then two quarts of water, and boil for twenty minutes; now strain through a jelly-bag. To every quart of juice add two pounds of sugar. Again boil for twenty minutes, and when cold, bottle. If the cherries are stoned, then add essence of almond. 4. *Morello Cherry Syrup*: This is made the same way. 5. *Raspberry Syrup*: Mash the raspberries, and to every quart add one pint of water. Let them remain till the next day; then run through the bag, and to every pint of juice add one pound and three-quarters of sugar. Boil for twenty minutes, and when cold, bottle. 6. *Strawberry Syrup*: This is done the same way. 7. *Raspberry or Strawberry Syrup* (another way): Take two quarts of fresh, ripe raspberries or strawberries, five pounds of powdered loaf sugar, and add two pints and a half of water. Spread the powdered sugar over the fruit, and let it stand for four or five hours, then express the juice, strain, put on the fire to rise to boiling point, and again strain. When cold, bottle. 8. *Raspberry or Strawberry Syrup* (another way): Mash the fresh fruit, express and strain the juice, and to every quart of it add three pounds and a half of powdered sugar. Then heat to boiling point. When cold, bottle. 9. *Pine-apple Syrup*: Pare a West India or English pine of the outward skin, then cut it up and put it into a mortar and pound it—adding a pint of water by degrees to every pound of pulp; strain, and then add one pound of sugar to every pint of juice; boil for twenty minutes, and when cold, bottle. 10. *Nectarine, or Pear Syrup*: Take one pound of nectarines or peaches free from stones, and mash them in a mortar. Now add one quart of water, and strain all through a bag. Put in two pounds of sugar, and bring this pulp to the boil. Add a small quantity of essence of almond, and when cold, bottle. 11. *Grape Syrup*: Mash a pound of grapes (black or white), and add one quart of

water. Then run them all through a bag, add two pounds of sugar, and bring to a boil. When cold, bottle. 12. *Melon Syrup*: Put one pound of melon into a mortar, and pound it fine. Throw in one quart of water and the juice of two lemons; run through a bag, and then add two pounds of sugar. Now bring to the boil, and when cold, bottle.

CANNED FRUIT.

Every year witnesses the growth of the fruit-canning industry, as well as the increase in the use of fruit in all ways. The process of sealing up cooked fruit in air-tight jars might be thought to be simple enough, but, like every other process of cooking, there is one right and many wrong ways. If worth doing at all it is worth doing in such a manner as to preserve the fine fresh flavor and keep the fruit whole and attractive in appearance.

In the first place, can good fruit or none. No small, unripe, gnarly bearings should be sealed up for the winter's use. The fruit should be ripe but not overripe, fresh picked and cooked with very little sugar.

In the second place, select glass cans, each having a porcelain-lined or glass cover which fits it perfectly. The rubbers should be fitted also, and those rejected which have become hard or stretched. They should be rinsed in warm, not hot, water, which toughens them. Before beginning to can: have each cover fitted to its jar and all well washed and sweet. Pint jars are best in a small family. If each jar is scalded when emptied and the cover washed and screwed on, it will be easy to begin the process of canning.

Small fruits ought to be picked in the morning while it is still fresh and cool, and the sooner they are cooked and in jars the better. A careful picking over and rejection of any that are unripe or inferior is presupposed. In preparing large fruits use a silver knife, or if that is inconvenient, drop the cut fruit into cold water to prevent discoloration.

Stew the fruit in a porcelain or granite kettle, using as little water as possible, and cook it very slowly. Hard boiling dissipates the delicate flavor, rapid boiling reduces it to a shapeless mass, yet boil it must or it will be sure to ferment.

Where time will allow it is a good plan to pack the fruit in the jars in which it is to be sealed before it is cooked. Fill them to the top and set in a large kettle with wooden slats nailed across each other to make a flat bottom. Cotton cloth or muffin rings answer the same purpose, but the false bottom is safer and more convenient. Over the cans fold a clean towel and let them steam until the fruit is soft. If it is to be sealed without sugar fill up each can from one heated for that purpose, take it out with a cloth to a table adjacent, and screw on the top which must be kept hot in a pan of hot water. In fact everything about the fruit must be kept hot. If there are bubbles of air in the jar, run down a silver spoon and let them escape. Fill to the very brim, screw the top on to the utmost extent, and invert the jar on a tray or table in a cooler place. If there is leakage it can be detected at once.

The length of time required for cooking is as follows :

Cherries and huckleberries, five minutes. All kinds of berries, grapes, and currants, six to eight minutes. Sliced or halved peaches and gooseberries, ten minutes. Halved pears, quince, sliced pine-apple, whole peaches, twenty min-

utes. Strawberries are an exception to other berries and require to be cooked fifteen minutes, and crab-apple and whole pears half an hour. The time for apples depends on the variety: they should be put up when tender. Apples are excellent for winter use, either for pies, or better, plain sauce. Canned without sugar they are a welcome change from berries in the early spring, and are much superior to the acid, unripe fruit brought from the far south.

In regard to the use of sugar every housekeeper will consult her own taste. Some families reject food that is not oversweet like confections, others use less sugar. When sugar is used in canning it is better to heat it in the oven, frequently stirring to prevent burning, and turn it in just before the fruit is poured into the cans. Two tablespoonfuls to a quart of berries, peaches, pears and apples should be sufficient. Currants, plums, and cherries require two or three times as much. Susanna Dodd, M. D., who has given much attention to the preparation of fruits, gives the following table of proportions for stewed or canned fruit and fruit juices: also the proportions of water and sugar, by measure, for the different kinds of fruit.

PREPARED FRUIT.		WATER.	SUGAR.
			1 cup $\frac{1}{2}$ pint
Strawberries,	5 qts.	1 qt.	$\frac{2}{3}$ cup.
Red currants,	5 "	3 qts	1 "
Red raspberries,	5 "	2 "	$\frac{2}{3}$ "
Black raspberries,	5 "	5 pts.	$\frac{1}{2}$ "
Raspberries and currants,	5 "	5 "	$\frac{1}{2}$ "
Blackberries,	5 "	3 "	$\frac{3}{4}$ "
Gooseberries,	6 "	2 qts.	2 "
" (for pies),	6 "	3 pts.	2 "
May cherries,	5 "	3 qts.	$\frac{2}{3}$ "
Black morello cherries,	5 "	2 "	1 "
Seeded morello (for pies),	5 "	2 "	2 cups (nearly)
Grapes,	6 "	2 "	(no sugar.)

PREPARED FRUIT.		WATER.	SUGAR.
Cranberries,	2 "	3 pts.	1 cup
Peaches,	6 "	1 qt.	(no sugar.)
Pears,	7 "	1 "	"
Damson plums,	6 "	5 pts.	2 cups.
Green or blue gage,	6 "	3 "	1 cup.
DRIED FRUIT.		WATER.	SUGAR.
Apples (kiln dried),	1 qt.	2 qts.	(no sugar.)
Peeled peaches (kiln dried),	1 "	2 "	"
Unpeeled " "	1 "	3 pts.	"
Cherries (tart),	1 "	3 "	"
Plums (very tart),	1 "	3 "	$\frac{1}{2}$ cup.
Prunes (or prunes and plums),	1 "	3 "	(no sugar.)
Pears (peeled and cut),	1 "	2 qts.	"
Sweet currants,	1 "	5 pts.	"
Raisins,	1 "	5 "	"

The secret of successful canning is to have jars with well-fitting covers, to keep everything hot, to fill the jars as full as they will hold, and seal them without a moment's delay. It is absolutely necessary that they should be as free from air as possible. Cook but little fruit at a time. Where stationary tubs are in the kitchen it is very convenient to keep the jars immersed in hot water in them. Lift them out, one by one, to the top of the adjoining stationary tub, on which stands an old tray containing a hot plate where each jar is to rest while filling. If any juice is spilled it can be returned to the preserving kettle which should be on the left. An attendant taking each jar as it is filled, wipes off the drippings from the top, screws on the cover and inverts it upon a table.

There should be no metal used in canning, either in kettles, spoons, or ladles. Wooden spoons, porcelain ladles, a silver fork and spoon, plenty of soft, clean cloths, and much patience and watchfulness are needed.

In a few hours take up the jars and give another twist to the tops. As they cool, contraction follows.

Prepare labels written with black ink on white paper so as to be easily deciphered in the semi-darkness. Fasten on the side with flour-paste. A few drops of glycerine in a half cupful will prevent them from falling off when the paste dries. It is also useful to put in paste which secures the paper covers of jelly, marmalade and preserves.

All kinds of canned and preserved fruit require darkness. Something in the light rays tends to fermentation and granulation. If it be not dark enough cover each jar with paper. If there is no cool cellar, it is a good plan to pack jars of canned fruit in boxes, fill the interstices with paper or sawdust and bury them deep enough to be below the reach of frost. Fruit properly canned, that is, well-cooked and air-tight, sometimes sours if kept in a warm closet. Fruit that is stale, decaying or speckled, will not remain sweet.

Canned Apples.—Stew the fruit and strain as for applesauce, but leave it unsweetened. Reheat it in the filled jars as described, see that no air bubbles are left in them and seal at once. Or peel, core and cut into eighths, stew in a preserving kettle till tender but not broken, sweeten to taste, fill the jars and seal. Apples canned according to the first process will be found especially agreeable in the late spring, after uncooked apples have lost their freshness.

Canned Blackberries.—Make a syrup of one cup of sugar and one cup of water for each quart of berries, heat, skim, and let it come to a boil. Drop in the fruit and let it boil eight minutes, then fill the hot cans and seal. If the berries are heated in the cans, pour over them the syrup just below the boiling point, after the filled jars are placed upon the wooden rack in the kettle of hot water, and heat gradually. Boil the fruit five minutes, take out the jars one by one, and seal.

Canned Cherries.—Use the sour cherries for canning,

or the white, which are less rich but require less sugar and preserve their whiteness after being cooked. For common use many prefer to put up cherries without pitting them, but for obvious reasons it is not the nicest way of preparing them. There are now sold machines for pitting which reduces that labor to a minimum. Make a syrup of three-fourths of a pint of sugar to one cup of water for every two pounds of pitted cherries and juice, skim, throw in the fruit and boil five minutes. As there is no shape to retain it is not needful to cook the fruit in the jars. With every careful boil one tablespoonful of pits, tied loosely in a muslin bag, which may be taken out before the fruit is poured into the jars.

To can white cherries select the largest and prick each once or twice with a coarse needle and put it in a glass jar. Place the jars upon the rack in hot water and fill them with boiling syrup, made a trifle less sweet than for sour red cherries, let it boil five minutes and then seal.

Canned Currants.—Add a large cupful of water to every two quarts of fruit and simmer till they are soft; it is impossible to keep them whole. Then add one cupful of sugar and simmer again and seal. The flavor is milder and more agreeable by adding to the currants one-fourth or even more of their measure of raspberries.

Canned Peaches.—Peel the fruit and throw into cold water. Make a syrup of one pint of sugar and one quart of water to every four pounds of fruit and let it come to a hard boil. Meantime cook the peaches in enough water to cover them till they are tender, skim them out, and without breaking, drop them in the boiling syrup. Let them come to a boil and seal in jars.

Canned Pears.—Proceed as directed for peaches, but use less sugar if they are very sweet.

Canned Plums.—Allow half a pound of sugar to every pound of sour plums, and prick the skins of greengage plums each several times, before cooking. Make a syrup,

bring to the boiling point slowly, skim, cook the plums, and can when tender.

Canned Pine-apple.—Peel the fruit, cut out the eyes, and holding the stem with a cloth wrapped about it, with the left hand, pick it to pieces with a silver fork leaving the core on the stem. To every pound of pine-apple allow ten ounces of sugar, and cook from ten to fifteen minutes before canning. The fruit should cook clear and translucent.

Canned Quinces.—Wash the quinces, cut out all defects and save peelings and corings for jelly. Make a syrup of one pound of sugar and one quart of water for every five pounds of fruit, into which skim the quince slices, rings or eighthths which have been stewed till tender in water. Let it come to a boil, then seal in hot cans.

Canned Raspberries.—Steam them in the jars as heretofore described, without adding either water or sugar, which may be added to taste when the fruit is used. Or, and it is a much quicker method, cook and sweeten as in preparing currants, using less sugar. Again, make a syrup as given in canning blackberries.

Canned Strawberries.—As soon as the fruit is picked, wash it and remove the hulls. Place a layer of the fruit in a stone jar and sprinkle over it a handful of sugar. Over that place another layer and more sugar, just enough to make them fit for table use. Do not mash or stir them, but at the end of four hours the sugar will have drawn the juice from the fruit. Pour off the juice into the preserving kettle, to every quart add a quarter of a cupful of water and let it come to a boil. Drop in the drained strawberries and let them scald two minutes, then gently lift them out with a strainer, into cans standing in hot water. The jars ought to be only two-thirds full and must be immediately filled with the hot syrup and sealed. This method preserves the fresh flavor of the fruit better than when it is boiled a longer time. If the syrup seems very thin cook ten minutes before pouring over the berries, which must be kept hot.

PRESERVED FRUITS.

Preserves are a rich preparation of fruit which is cooked with an equal weight of sugar. Happily this old-time toothsome confection has given way to more wholesome canned fruit, but now and then the housekeeper wishes to put up a few jars of preserves in honor of the olden time when the measure of a woman's efficiency in cooking partially rested upon her sweets. The less they are used the better. Occasionally a small portion in garnishing or flavoring or in fancy dishes upon extra occasions may be admissible.

In preserving, the fruit will remain whole by making a hot syrup by the addition of a very little water to the sugar and allowing it to come to a boil. Then add the fruit, which should simmer gently until it is soft enough to allow a straw to penetrate it. Large fruits like peaches, pears and quinces are peeled, pitted and often divided in half. Small fruits are plunged directly into the boiling syrup, and when thoroughly cooked are skimmed out carefully so as not to break them. The syrup is then boiled down and poured over the conserve. If it is not very thick it is drained off in a day or two, boiled again and poured over the fruit. This is sometimes repeated three or four times.

Apple Preserve.—Make a syrup of one quart of sugar and two quarts of water, skim and boil. Pare, core and divide into quarters or eighths, according to their size, fine, tart apples, allowing one pound of fruit to a half pound of syrup, and drop the sections into cold water.

Take them out and drop into the syrup, which must simmer gently, a few at a time. Cook till tender, skim out into jars kept in hot water, and drop more apples into the syrup. When the jars are two-thirds full, fill with hot syrup and seal like canned fruit. Flavor with lemon slices if desired. This makes a fine and not too rich preserve.

Apple Preserves.—(Entire.) Take medium sized tart apples, peel and core from the blossom end, leaving the stem; cook as above and seal in stone or glass. Crab-apples are preserved entire, without peeling. Make the syrup much richer by using one quart and one half of sugar to one quart of water. Prick the crab-apples before boiling.

Apple Lemon Preserves.—Pare and quarter sweet apples and proceed as above. To each quart of fruit allow two lemons cut in thin slices and cooked in the syrup. Discard the seeds.

Apple Ginger Preserves.—Peel, core and cut the apples or chop them coarsely. To every pound of fruit allow an ounce of green ginger cut into fine pieces, and three-fourths of a pound of sugar. Stew the apple in a little water till it begins to be tender, drain and turn into the syrup in which the ginger has steeped. Let it come to a boil and it is done. By using a little more ginger and tying it in a thin muslin bag, it may be flavored without serving the ginger with the apple. The amount can be varied to suit the taste.

Green Apple Preserves.—(Shirley Dare.) Gather your apples when they are the size of a walnut, with the stalks and a leaf or two on; put a handful of vine leaves into a preserving pan, then a layer of apples, then vine leaves and then apples, till it is full, and vine leaves pretty thick at the top, and fill it with spring water; cover closely to keep in the steam, and set it on a slow fire till they grow soft, then take them out and take off the skins, and put them in the same water again with the vine leaves,

which must be quite cold, or it will make them crack. Put in a little rock-alum (a dessertspoonful to a twelve-quart kettle), and set them over a slow fire till they are green, then take them out and lay them on a sieve to drain. Make a good syrup, and give them a gentle boil for three days (*i. e.*, once a day), then put them in small jars, with brandied paper over them, and tie them down tight.

Barberry Preserves.—Pick the barberries free from stems, wash them, and for every quart take a little more than one pint of good molasses. Let it come to a boil, then drop in the barberries and cook three-quarters of an hour. When done they will be clear. Seal in jars. Some persons are so fond of the flavor of the barberry that nothing quite takes its place.

Blackberry Preserves.—Allow three-fourths of a pound of sugar for every pound of fruit which is to be simmered in clear water till it is thoroughly cooked. Allow a teacupful of water to a quart of berries. Then throw in the sugar, boil up, skim and seal in cans.

Cherry Preserves.—Stone the cherries, reserving every drop of juice. Weigh the fruit, allowing pound for pound of sugar. Put a layer of fruit for one of sugar until all is used up; pour over the juice and boil gently until the syrup begins to thicken. The short-stemmed red cherries or the morellos are best for preserves.

Fig Preserves.—Take green figs, hardly ripe, and soak two hours in lemon juice and water, half and half, or vinegar and water. Make a syrup of one pint of sugar and half a cup of water to each pound of fruit, boil and skim. Into it drop the drained figs and simmer till they are tender. Skim them out and if the syrup is not thick boil until it thickens. The last thing add the juice of one lemon to every three pounds of fruit and turn over the figs which have been kept hot in jars. Seal at once.

Guava Jelly.—(Southern Preserve.) Pare and quarter ripe guavas and drop the sections into cold water. Put

them into water enough to nearly cover them and simmer till they are tender, then strain through linen, without pressing the fruit, hanging up the bags so they will drip all night. When all the juice has drained out boil it, uncovered, so it will evaporate readily; skim, and at the end of an hour add white sugar in the proportion of a scant pint to one pint of juice. Continue to let it simmer till the jelly is clear, then add lime-juice, to taste. Simmer half an hour longer, skimming often, then pour into jars of glass or stone and cover when cold.

Mango Jelly is made like the guava except that the mangoes are peeled, stoned and thrown into a very weak solution of lemon or lime-juice before cooking them.

Preserved Citron Melon, No. 1. Cut the melon in oblong strips, remove the skin and the soft pulp. Boil in water containing an ounce of alum to a gallon of water, and drain when tender. Make a syrup out of a cupful of water to a pound of sugar, boil up and clarify. This quantity of syrup will be sufficient for a pound of melon: add to it two sliced lemons. Immerse the citron in the boiling syrup, let it boil five minutes, and then seal in jars.

Citron Preserves, No. 2.—Peel and cut the citron in pieces an inch square; then boil in water until soft; drain off the water and add one pound of sugar to each pound of citron; to every five pounds of the preserve add one pound of raisins, one lemon sliced, half an ounce of whole cloves, and one ounce of stick cinnamon; dissolve the sugar, and when hot add the fruit, and simmer slowly for two hours.

Currant Preserves.—Take equal weights of sugar and fruit: make a syrup of the former with a very little water, and drop in the ripe fruit. Boil fifteen minutes, and seal in stone jars or glass cans.

Huckleberry Preserves.—Nearly fill jars of stone or glass with huckleberries, and fill them up with good molasses. Cover and set away. They are good for winter use.

Orange Preserves.—Take any number of oranges, with rather more than their weight in white sugar. Slightly grate the oranges and score them round with a knife, but do not cut deep. Put them in cold water for three days, changing the water two or three times a day. Tie them up in a cloth, and boil until they are soft enough for a pin to penetrate the skin. While they are boiling place the sugar on the fire, with rather more than half a pint of water to each pound; let it boil for a minute or two, then strain it through muslin. Put the oranges into the syrup till it jellies and is of a yellow color. Try the syrup by putting some to cool. It must not be too stiff. The syrup need not cover the oranges but they must be turned, so that each part gets thoroughly done.

Preserved Orange Peel.—Weigh the oranges whole and allow pound for pound. Peel the oranges neatly, and cut the rind into narrow shreds. Boil until tender, changing the water twice, and replenishing with hot water from the kettle. Squeeze the strained juice of the oranges over the sugar, let this heat to a boil, put in the shreds and boil twenty minutes.

Orange and Rhubarb Preserves.—Peel six large, nice, thin skinned oranges, taking off all the white rind, and slice the oranges into a porcelain kettle. Take out all the pits and cut half of the yellow rind into small pieces and put with it. Add two pounds of rhubarb stalks cut into small pieces, a teacupful of water and three and a half cupfuls of sugar. Boil till the rhubarb is soft, and seal.

Peach Preserves, No. 1.—Pare the fruit and to each pound add one pint of sugar. Make a syrup with one cup of water to a pound of fruit, and when it boils drop in the entire peaches. Simmer till they are tender, and seal. Half a dozen kernels cooked with each pound of fruit improves the flavor.

Peach Preserves, No. 2.—Peel, and remove the pits, allow pound for pound and put fruit and sugar in layers in

a stone jar. On the second day drain them through a colander or coarse sieve, boil up the syrup, skim and turn over the peaches. Repeat this three days, then seal. The flavor is better than when the fruit is cooked.

Pears Preserved Whole, No. 1.—Take pears when not too ripe, and set them over the fire in a sufficient quantity of cold water, letting them simmer, but not boil. When they are softened, take them out, peel them carefully, prick them with a pin, and put them on again in fresh water, with the juice of a lemon; let them boil rapidly, and when they are sufficiently done so that a pin will pass readily through them without the least resistance, take them out and put them into cold water. In the meantime have ready some hot thick syrup, and having well drained the pears, pour it over them. Let them stand for twenty-four hours, and then give them a gentle boil. Take them again out of the syrup and dip them in cold water, after which pour hot syrup upon them, and when they have stood three days give them another boil; when cold, take them out drain them, and put them into bottles, then thicken the syrup by a few boilings, and pour over them. Pears peeled and cored are preserved like apples.

Preserved Pears, No. 2.—Peel three pounds of pears and place them in a stew-pan; cover them with water, and let them stew two hours. Take them out and put them in a brown jar with three fourths of a pound of loaf sugar, and two tablespoonfuls of the water they were stewed in to each pound. Add a little candied lemon, cut in small pieces, or a few cloves, if preferred. Place the cover on the jar, and stew them in an oven for two hours.

Pine-apple Preserves, No. 1.—Pare, cut in slices, core, and weigh the fruit, allowing pound for pound of sugar and fruit. Put in alternate layers in the kettle and pour in water, allowing half a teacupful to each pound of sugar. Heat to a boil. Take the slices out and spread upon dishes in the sun. Boil the syrup half an hour, skimming

it carefully. Put the pine-apple again in the kettle and boil fifteen minutes, then take out and pack in wide-mouthed jars.

Pine-apple Preserves, No. 2.—Peel the pine-apple, and pick into small bits with a silver fork. To every pound allow three-fourths as much sugar. Let it stand overnight, and in the morning boil slowly ten or twelve minutes, then seal.

Pine-apple Preserves, No. 3.—Pare the pine-apple and remove every particle of skin or eyes, and slice thin. To every pound of prepared fruit take a heaping pint of sugar. In a large glass jar put a thick layer of dry sugar, then a layer of the sliced fruit, and so continue to do till the jar is full, leaving a thick layer of sugar last of all. Cover closely with several layers of thin paper pasted tightly on, or with bladder to keep out the air. If kept very cool and dark it will not ferment, but have the flavor of the fresh fruit.

Plum Preserves.—Make a syrup of clean, brown sugar and clarify it; when perfectly clear and boiling hot, pour it over the plums. Let them remain in the syrup two days, then drain it off; make it boiling hot, skim it, and pour it over again; let them remain another day or two, then put them in a preserving kettle over the fire, and simmer gently until the syrup is reduced, and thick or rich. Use one pound of sugar to each pound of plums.

Quince Preserves, Orange Flavor.—Peel and core the quinces and to every quart of the fruit allow two oranges thinly sliced. Mix these together and steam till tender, while the cores and skins are simmering in enough water to cover them. Cook about two hours, or until the water thickens to a jelly, then strain and throw into it a pound of sugar for every pound of the peeled and cored fruit. Boil together to a syrup, and then drop into it the softened quarters of quince, which, however, should not be soft enough to drop to pieces. Let them simmer, not boil, over

a slow fire for an hour, when they may be sealed in cans. If preferred lemon may be used in place of orange, in which case take one lemon to two quarts of fruit.

Quince Preserves, No. 2.—Peel, core and weigh, using only large quinces, and making the eighths of the fruit as exact and even as possible. Extract the gelatine from cores and peelings by stewing them in water several hours. Simmer the eighths in a little water till they are tender, then skin them out and pour into the kettle with the water in which they have been cooked the gelatinous liquor of the strained stems and cores. Throw into it half the weight of sugar as of quinces, let it come to a boil, drop in the quinces, let it boil again, and seal.

Raisin Preserves.—(Catharine Owen.) Peel and quarter a dozen large apples. Put them over a slow fire with a cupful of cider and a pound of sugar. When they are tender stone five pounds of fine pulpy Valencia raisins with water enough to prevent burning. Let them cook slowly till they are dissolved and stiff. Beat the whole through a colander and then through a sieve and pack in small jars. When about to use it, cut in thin slices and dust each with confectioners' sugar. This is delicious eaten with cream.

Strawberry Preserves.—(Wiesbaden Style.) With five quarts of good, firm berries, procure also three or four boxes of softer fruit, which is to be hulled and spread out on a flat dish in order to draw out all the juice. Weigh out five pounds of broken loaf sugar, and scatter over this soft fruit and let it stand several hours. In the morning, or whenever all the juice seems expressed, squeeze the fruit through a jelly-bag and pour it into a preserving kettle, into which throw about three pounds more of loaf sugar. The exact quantity can be found by measuring the juice and the hulled, firm berries, which should be whole, large and sound, still keeping them separate, and allowing a pound of sugar to a pint of fruit and juice. Boil the fruit juice and sugar, skimming as it begins to bubble, and then gently slide in the berries; they will check it just enough to

prevent them from hardening, while the boiling syrup will have the tendency to keep the juice within the berries. Simmer for thirty minutes, from the time the fruit is added, removing the scum from the top when necessary, and pour into wide-mouthed bottles with a teaspoonful of olive oil on the top. When carefully made these preserves equal the best imported fruit. The berries must be selected from the firmest fruit in market.

Preserved Water-Melon Rind.—Peel the rind after cutting it into oblong or fancy shapes, and throw it into a porcelain kettle or stone jar. Fill it up with cold water to extract the juice, and to every pound of fruit allow one teaspoonful of salt and a saltspoonful of powdered alum. Let the rind remain in the water three hours, then drain and pour over cold water, and let it stand three hours longer. At the end of that time simmer the rind in clear water till it begins to look clear. Drain and make a syrup of pound for pound or a little less sugar, and a cupful of water for every two pounds of sugar, and add a little green ginger cut in small bits. Skim, drop in the rinds, and let it heat through slowly, then simmer till they are clear and tender though not broken. Skim the preserves into hot glass jars, boil down the syrup if it is not sufficiently thick, add enough lemon juice to give a distinct flavor, pour over the preserve and seal. If the rinds are too soft they may be spread on plates in the oven before putting in the jars. Use orange peel and juice in place of lemon if desired.

Tutti Frutti Preserves.—This is made pound for pound of sugar, of every variety of fruit, beginning with strawberries. It is to be weighed, boiled and skimmed like any other preserve, and each, when cooked, is turned into the *omnium-gatherum*, a stone jar closely covered and kept in a cool place. Some housekeepers insist that it cannot be kept without brandy unless it is sealed after adding each variety of fruit. Hard fruit like pine-apples, quinces and pears must be parboiled till tender before adding the sugar. Lemon and orange juice are used instead of the pulp, but the grated yellow rind is necessary.

toned raisins and cocoanut, currants and berries, cherries and plums, peaches and pears, all are welcome in a preserve which has little to recommend it but oddity.

HOW TO KEEP JELLY AND PRESERVES.

When jelly is cold and firm, cut a round of white paper to fit the top of the glass, and dip it in the beaten white of an egg. Press it down close to the jelly; if it lines the side of the glass an eighth of an inch, it will do no harm. Over this place a layer of smooth white cotton batting, fitting it closely to the glass. Absorbent cotton is best, but common cotton batting will do if the jelly is firm. Over all paste a round of paper, or paper dipped in white of egg. Be sure the jelly is stored where mice cannot nibble the paper and eat the jelly.

Again, pour over the jelly a layer of melted paraffine, melted, but not hot, just warm enough to run. It will harden rapidly. Then paste over the glass a round of soft paper. When the jelly is used, melt the paraffine and save till the following year.

For preserves, put up in open-mouthed jars, see that they are full, then put over the preserve egg paper and then absorbent or common cotton batting. Melt together one part mutton tallow and two parts of bees-wax. Dip a clean white cloth in the mixture and spread it quickly over the mouth of the jar.

Cotton batting spread over the top of canned fruit and under the cover will prevent mold. Be careful to see that it is not caught in the screws of the cover.

Preserves keep best in a store-room both cool and dry. They may be simply tied or sealed with paste where ver-

min will not attack them, and each jar will have its appropriate label. It is necessary, then, that they should be placed where they will be secure from vermin. But it is better to have them in glass and covered like canned fruit.

Where paste is used, a few drops of glycerine in each ounce will prevent the label from curling up or dropping off. It is equally efficacious for mucilage.

CANDIED FRUITS.

Candied fruits, put up with that artistic taste peculiar to the nation, are yearly exported from France in largely increasing quantities. In comparison with the deft work of the Gallic confectioner, the candied fruit of the Pacific coast is still lacking in those qualities which please the eye, but every year shows improvement in this respect over the preceding. It only needs the skill which comes from practice to supercede the foreign with the domestic article.

Among fruits preserved by the process of candying are mainly, cherries, pears, apricots, plums, peaches, pine-apples, figs, citrons, oranges, melons, and lemons. C. B. Mason, Esq., formerly United States Consul at the port of Marseilles, has given a report of the method of crystallization peculiar to South-eastern France, of which the following is a condensation: It may be premised that the export of candied fruits from France finds a direct market, not only in this country and in England, but in Algiers, the East and West Indies, and even South America, those countries where fresh fruit, ripening every day in the year,

would seem to preclude the desirability of its preservation. Mr. Mason says:

“The fruit is first carefully assorted in respect to size and uniform degrees of ripeness. Pears, pine-apples, and quinces are pared, citrons are cut in quarters and soaked in sea-water, and the pits of apricots, cherries and peaches are carefully removed. The stone must be removed with as little injury as possible to the form and solidity of the fruit.

“Thus prepared, the fruit is immersed in boiling water, which quickly penetrates the pulp, dissolving and diluting the juice, which is thereby nearly eliminated, when the fruit is subsequently taken from the water and drained, leaving only the solid portion of the pulp intact.

“The process of “blanching” must also be done with exact nicety. If immersed too long, the pulp is either overcooked or is left too dry and woody. If taken out too soon, the juices left in the pulp prevent perfect absorption of the sugar afterward, and by eventually causing fermentation destroy the value of the product. In this, as in other stages of the process, the only guide is experience.

“After being thus scalded, some fruits, apricots, for example, are again assorted into two or three classes, according to the degree of softness that has been produced, for the reason that if kept together they would take up the sugar differently, some losing their form entirely, while others would remain sufficiently impregnated. For these different grades sugar syrups of different degrees of density are required, the softer the fruit the stronger the syrup required for its preservation.

“For the same reason each of these different varieties of fruit requires a syrup of corresponding strength.

“Pears, citrons and pine-apples, which remain hard and

firm, take best a syrup having a density of 18 to 25 degrees, while apricots, plums and figs are treated with syrups which gauge from 30 to 40 degrees by the aerometer.

“The requisite syrup having been prepared by dissolving the sugar in pure water, the fruit is immersed in it and left at rest for a certain period in large earthenware pans, glazed inside, and having a capacity of about eight gallons.

“The syrup penetrates the pulp and gradually withdraws and replaces the remaining fruity juice, which, as it exudes and mingles with the transparent liquid, produces a certain filmy or clouded appearance, which marks the commencement of fermentation. When this has reached a certain stage, the vessel containing the syrup and fruit is placed over the fire and heated to 212 degrees F. This corrects the fermentation, and raises all impurities to the surface, whence, if necessary, they can be removed by skimming. If the syrup is of proper density, this process of impregnating the fruit with sugar will be complete in about six weeks, during which time it is usually necessary to perform this heating process, as above described, three times.

“The impregnation of the fruit with sugar being thus complete, it is taken out, washed in pure water to remove the flaky particles that adhere, and is submitted to one or two finishing processes, as follows:

“If the fruit is to be “glazed,” that is, covered with ice or transparent coating, it is dipped in a thick, viscid syrup of sugar and left to dry and harden rapidly in the open air. If it is to be “crystallized” it is dipped into the same syrup, but is then cooled and dried slowly in a kiln or chamber warmed to a temperature of ninety degrees, Fahrenheit.

“This slow cooling causes the thick syrup with which the

fruit is covered to crystallize and assume the usual granulated appearance. The work is now finished. If properly done, the fruit thus preserved will bear transportation to any climate, and will keep, firm and unchanged, for years. It is packed in light wooden or card-board boxes, and may be shipped in cases containing several hundred pounds each."

Mr. Mason proceeds to say that the syrup in which the fruit is immersed gradually deteriorates by losing sugar and absorbing juices. It is then utilized in making pastes or confections, which are simply the soft, uncooked and irregular shaped pieces of fruits of all kinds mingled together into a jam in the spent syrup, which is boiled down to the proper consistency. This may either be sealed in glasses or dried in pastes, cut into cubes and dusted with powdered sugar.

Candied or Cystallized Fruit or Nuts.—(Mrs Campbell.) Boil one cup of granulated sugar and one cup boiling water for half an hour. Dip the point of a skimmer into the syrup and then into cold water. If the thread formed breaks off brittle the syrup is ready. The syrup must never be stirred but must boil slowly. When done set the saucepan in boiling water or pour the syrup into a bowl placed in hot water to keep the syrup from candying. Take the prepared fruit or nuts on the point of a large needle or fine skimmer, dip them into the syrup and then lay them on a dish, which has been lightly buttered or oiled, or string them on a thread, and after dipping in the syrup suspend them by the thread. When oranges are used divide them into eighths and wipe off all moisture.

Candied Fruit, No. 2.—Peel small pears or peaches but leave in cores and pits, and boil till tender in a syrup made of one pint of sugar and one teacupful of water. Let the fruit stand in the syrup three days, drain, sprinkle with pulverized sugar and dry in a cool oven.

Candied Fruit Pastes.—Over a slow fire boil the juice of peaches, pears, and quinces, or apples and quinces, until it becomes a thick jelly. Then dry in a slow oven in shallow dishes, sprinkling in a little crushed sugar, until it becomes a thick paste. Pack in tumblers and cover with paper dipped in white of egg. It will keep for years.

Frosted Fruit.—Dip fine bunches of ripe currants, one at a time, into the beaten white of an egg, fully moistening the surface of each globe. Then roll the bunches in powdered sugar so that every part will be covered, and lay them carefully on white paper spread over an inverted sieve. Dry in a very cool oven. Cherries may be similarly prepared if the stems are left attached. Plums and grapes may be dipped in the egg and placed upon the paper before sifting sugar over them. They make a pleasing garnish for cakes and desserts.

Candied Lemon.—(Condensed from Catharine Owen.) As lemons are used drop the yellow rind into a weak brine in a glass jar. When a dozen are thus pickled they are freshened by putting them into cold water and letting them scald, changing the water once or twice to extract the salt. Boil them in the last water till they are thoroughly tender, and drain. Then make syrup enough to cover them out of slightly more than a pound of sugar and a pint of water, using always the same proportion of pint for pound. Cut the peelings into dice about half an inch square, and drop them into the boiling syrup, which is allowed to cook slowly till the peelings look translucent. Then keep them slowly steeping till the syrup has almost dried out of the peel, spread on plates, sprinkle with more sugar, and set in a cool oven to complete the drying.

Candied Orange Peel.—(Mrs. Todd.) Soak the skins in salt and water three or four days, then throw them into cold water and boil till tender; meanwhile clarify weight for weight of sugar. Scrape out all the pulp and strings, case one within another and put them in a stone jar.

When the syrup is cold pour it over them, and as it grows thin, drain, add sugar enough to make the syrup rich again, and when it is quite cold pour it over the peelings again. Let them remain till they are transparent, then take them out, let them lie on the back of a sieve and dry in a slow oven. Take each one on the point of a fork and dip quickly in the syrup, the rounded part uppermost, and lay them again on the sieve to dry. When dried case them one within another and store in a dry place.

FRUIT AND GELATINE, JELLIES AND SPONGES.

Fruit jellies with gelatine as a basis are suitable for summer use or as a table decoration. Though they have little value for nourishment they are always delicious.

Upon the packages of prepared gelatine or within them are directions for the preparation of jelly, which a novice can hardly fail to understand. If, instead of cold water the gelatine is put to soak in fresh fruit juice, then sweetened, strained and cooled, the result will be a dish pleasant alike to the eye and the palate. As the acidity of fruit varies, sugar must be added to the taste, remembering that it seems to the tongue less sweet when cool than when warm.

Apple Jelly, No. 1.—Soak half a box of gelatine half an hour in one pint of cider fresh from the press. Pour over it one cupful of boiling water, stir in about one cupful of sugar, and the juice of one lemon. Strain, and set in a cool place.

Apple Jelly, No. 2.—(Marion Harland.) One dozen well-flavored apples, two cupfuls powdered sugar, juice of two lemons, and half a package of gelatine soaked in a scant cupful of cold water. Pare and slice the apples, putting

each piece in cold water to preserve the color. Pack them in a glass or stone-ware jar with just enough cold water to cover them, put on the top loosely that steam may escape, set in a pot of warm water and bring to a boil. Cook until the apples are broken to pieces. Have ready in a bowl the soaked gelatine, sugar and lemon juice. Strain the apple scalding hot over them; stir until the gelatine is dissolved; strain again,*this time through a flannel bag, without squeezing it.

Banana Jelly, No. 1.—(Mrs. Keeler in Good House-keeping.) Soak one ounce of gelatine in half a pint of cold water ten minutes; add to this a full pint of boiling water, the juice of two lemons and half a pint of granulated sugar. Stir well together and strain through a jelly-bag or fine wire-strainer. Pour an inch deep in a mold, add a few slices of banana, and set outdoors in winter, or in the refrigerator in summer, until it hardens, keeping the remainder in a warm place. As soon as the first stiffens put another layer of bananas and jelly, again setting away to harden until all is used. This makes a sightly dish when served with whipped cream around the base.

Banana Jelly, No. 2.—Make a jelly as in No. 1., then peel and cut crossways in thin slices three oranges, peel and slice three bananas, and when the jelly is cool put a layer of it in the mold, a layer of oranges, one of bananas, then the jelly, and proceed as before.

Berry Jelly.—Raspberries and blackberries must be stewed till soft in a very little water. Crush them and strain out the juice, let it cool, and soak one box of gelatine in one pint of juice. Sweeten, pour over a quart of boiling water and strain into molds. Serve with whipped cream.

Cherry Jelly.—Dissolve one box of gelatine in one pint of cherry juice, either drained from canned fruit or expressed from the fresh. Let it stand one hour. Then add one quart of boiling water, the juice and grated rind of two lemons, and about three-fourths of a pint of sugar, to the uncooked juice. Strain and pour in jelly molds.

Cranberry Jelly.—Soak the gelatine in one pint of cranberry juice for an hour, add one pint of sugar, and turn over it one quart of boiling water. Strain, turn into a mold, and cool. This will take an entire box of gelatine. The cranberry juice is obtained by stewing the berries in a very little water till soft, then mash them with a wooden spoon and strain through a jelly-bag. One quart of berries will make a little more than a pint of juice.

Chocolate Jelly.—Soak half a box of gelatine in half a cup of cold water for an hour. Into one pint of milk, boiling, add two ounces of grated chocolate and the dissolved gelatine. Let it boil, then take it from the fire, add half a cup of sugar and half a teaspoonful of vanilla. Let it partially cool, stir till thick, add a pint of cream whipped to a froth, stir till mixed, pour into a mold, and serve with whipped cream.

Currant Jelly.—Soak two ounces of gelatine in one pint of cold water for an hour. Put juice, gelatine and one pint of sugar into a porcelain kettle, let it come to the boiling point, then strain and cool. Before it is stiff add the whites of three eggs, beaten to a froth, and beat all together till light and frothy. Pour into a mold and set on the ice several hours before serving.

Currant Flummery.—This is made without gelatine, but seems to come in this department. To the juice of two quarts of mashed and strained currants, add one pint of granulated sugar. Out of this take one pint to pour upon one pint of ground rice, which must be blended till it is perfectly smooth. Boil the remainder of the juice in a farina kettle, in which stir the thickened juice carefully to prevent lumping. Cook till thick, pour into one large or several small cup molds. Set on the ice and serve with sweetened cream.

Currant Ice.—Squeeze currants with or without a mixture of raspberries, through a jelly-bag, and to each pint of juice add the same quantity of water and sug-

ar. Heat, and when boiling hot, pour it slowly over the well-beaten whites of three eggs, stirring constantly till it is perfectly cold. Freeze hard.

Currant Sherbet.—Pour one pint boiling water over one pint of loaf sugar. Let it simmer half an hour, add one pint of currant juice and the juice of two lemons. Freeze when cold.

Grape Water-Ice.—To every quart of water allow half as much grape-juice, by measure, and the same amount of sugar as of juice. Make a syrup, and when it is cold add juice and freeze.

Lemon Water-Ice, No. 1.—Make a rich lemonade with one third the quantity of lemon juice as of water, to every three lemons allowing the juice of one orange. When partly frozen stir in the whites of three eggs.

Lemon Ice, No. 2.—Dissolve a heaping tablespoonful of gelatine in half a pint of water, pour over a quart of boiling water and the strained juice of six lemons. Sweeten with three-fourths of a pint of sugar and freeze.

Lemon Jelly.—Cover half a box of gelatine with one pint of cold water, into which break a small stick of cinnamon. At the end of an hour add a cupful of sugar, the juice of two good-sized lemons, and a pint of boiling water. Strain, mold and cool.

Orange Jelly.—Make like lemon jelly, except that it needs a little less sugar and no cinnamon.

Lemon and Orange Jelly.—For one box of gelatine use two large lemons and the juice of two large oranges. Proceed as with other jellies.

Peach, Plum and Pear Jellies.—Stew the fruit in little water, strain, and use one pint of the juice in which to soak one box of gelatine. Sweeten, pour over a full quart of boiling water, strain and cool. Juice left after canning

fruit can be utilized in this manner. It should be made the day before it is used.

Pine-apple Jelly, No. 1.—Peel and chop fine one pine-apple and let it soak three hours with the juice and grated rind of a lemon and two cups of sugar, with a trifle of grated nutmeg. Then pour into it one ounce of isinglass dissolved in a teacupful of cold water, and lastly a pint of boiling water. Strain and press hard to expel the juice from the pine-apple. Pour into a mold and set on ice.

Another way is to use three cupfuls of boiling water instead of a pint, and while the jelly is hardening to beat into it the well whipped whites of three eggs. It must be added a spoonful at a time. Cover the top with the meringue made by the white of an egg, a tablespoonful of powdered sugar and twice as much grated pine-apple.

Pine-apple Jelly, No. 2.—Soak half a box of gelatine an hour in a cup of cold water and stir in a cup of sugar. Add a little more than half a cup of the liquor drained from a can of pine-apple, and a half pint of boiling water. Strain, stir in a cupful of the pine-apple chopped fine, turn into a mold, and set on ice.

Quince Jelly.—Cut small, inferior quinces into pieces, discarding stems and imperfections, and stew with one pint of water to one quart of cut fruit. At the end of three hours, or before it is soft enough to break into jam, strain and use the juice for soaking gelatine. It will need only two-thirds as much as in other fruit juices. Sweeten, strain, and cool as usual.

Strawberry Jelly.—Over a quart of fresh berries throw a cupful of sugar and set aside, in an earthen dish, to extract the juice. At the same time soak one box of gelatine in a pint of cold water, and, at the end of an hour, put in one cup of sugar and pour over it one pint of boiling water. Crush the strawberries and press them through a fine sieve and pour the dissolved gelatine over them through the sieve so as to lose none of the juice. Strain, mold and

cool. There should be a full pint of the strawberry juice; if more, use less water, so there will be no more liquid than the gelatine recipe calls for. In like manner proportion the sugar to the sweetness of the fruit. It is nice to pour the gelatine in the mold in layers with large selected strawberries, first liquid, then berries. Serve with cream.

Apple Sponge.—Make a rich apple-sauce seasoned with sugar and lemon. To every pint and a half of apple take one ounce of gelatine, soak in half a cupful of water, and dissolve over a boiling tea-kettle. Stir it into the apple and press through a sieve; when cold beat in the stiff beaten whites of four eggs, and continue till it is stiff and light, then pour into a mold and set on ice. Serve with cream or thin boiled custard.

Banana Sponge.—Dissolve an ounce of gelatine in two tablespoonfuls of cold water, and in a quarter of an hour pour over a pint of boiling water. Stir into it the juice of one lemon and a cupful of sugar, and let the gelatine thoroughly dissolve. Strain through a thin bag and let it cool. Cut three bananas into small pieces and beat them to a pulp with an egg-beater, then whip to a froth the whites of two eggs, which are then beaten into the banana cream. When the gelatine is cold beat it into the egg and banana, a little at a time, till it is quite stiff. Serve with cream, or a thin custard made with the yolks of the two eggs and a pint of milk.

Blackberry Sponge.—Soak half a box of gelatine in five tablespoonfuls of cold water twenty minutes, pour over it two cupfuls of boiling water and four or five tablespoonfuls of sugar, and into it turn a large cupful of blackberry juice. Strain it, set in on ice, and when cold, not hard, add the well-beaten whites of three eggs and beat till it is thick and light. Harden in a mold.

Cherry Sponge.—This is made like Blackberry sponge, except that it requires a little more sugar.

Currant Sponge.—Make like the above, using a full cup

of sugar, one cup of currant juice, or currant and raspberry mixed, half a box of gelatine, and one cupful of boiling water. When cold beat in the beaten whites of three eggs.

Fig Sponge.—Soak half a pound of plump figs in warm water till they are soft, and split each in two. Dissolve half an ounce of gelatine in two tablespoonfuls of cold water, heat one pint of milk and stir into it two well-beaten eggs, with two heaping tablespoonfuls of sugar, which must be stirred over the fire till it thickens. Set the soaked gelatine over the top of a boiling tea-kettle till it melts, stir it into the custard and set away to cool. When cool, but not thick, whip it with an egg-beater, and gradually add the well-beaten white of an egg. Dip the sections of split fig in any kind of jelly, which must be slightly warmed first, and with them line the interior of a buttered pudding-mold, into which pour the custard sponge which has been beaten till very light and flavored with a teaspoonful of vanilla. Set in a cool place overnight.

Lemon Sponge.—Soak an ounce of gelatine in half a cupful of cold water half an hour, and while soaking squeeze the juice of four lemons upon a large cupful of sugar, then beat the yolks of four eggs to a foam and mix with two-thirds of a pint of water. Into this stir the lemon and sugar, and cook in a farina kettle till it begins to thicken, then add the gelatine. Strain it into a basin or large bowl, and set in ice-water, occasionally beating it till it is cool but not hard. Then add the unbeaten whites of the four eggs, and beat steadily till it begins to thicken. If it stiffens too rapidly set the basin in warm water, then pour into the mold and set on the ice. Oranges may be used in place of lemons; in that case use six instead of four.

Strawberry Sponge.—Soak half a package of gelatine in half a cupful of water one hour, and over one quart of strawberries strew half a dozen tablespoonfuls of sugar in order to extract the juice. At the end of an hour mash the berries and press through a fine sieve. There should be over one pint. Pour a cupful of boiling water over the gel-

atine, add half a cupful of sugar, stir and strain. • Add the strawberry pulp, beat well, mix in the juice of a small lemon and the stiff beaten whites of three eggs, and continue to beat till the mixture is quite thick. The eggs should not be added till the gelatine is cool. Harden in molds.

Raspberry Sponge.—Make like Blackberry sponge, using two cupfuls of juice and one cupful of boiling water.

FRUIT CREAMS, FLOATS, BLANC-MANGE AND MERINGUES.

Under this heading the housekeeper who is mistress of her time can devise and arrange a numberless variety of delicious and comparatively inexpensive dishes. They are certainly far more digestible than so many rich dainties, which demand much care and many ingredients in preparation. In them the flavor of the fruit is perfectly preserved, since they are not changed by heat. They are extremely suitable for lunches and light repasts in warm weather. Canned fruits and jellies may be substituted for the fresh when the season for the latter has passed, but the flavoring is somewhat impaired by the fire-change.

With fruit creams is used isinglass or gelatine, which should always be dissolved in half a cup of cold water to the ounce. Cooper's gelatine is good enough for this purpose. Into it is stirred the fruit or its juices, well sweetened, whipped cream, and sometimes the whipped whites of eggs. In making fancy dishes the housekeeper can pour into the mold first a layer of gelatine, then arrange a layer of fruit, and so on till the mold is filled.

Apple Snow.—Drain a cupful of apple-sauce heaped high, and press through a sieve. Sweeten to taste, and set it on the ice. Turn it into a shallow dish, and over it turn the whites of two eggs. With an egg-beater or silver fork beat them together for twenty minutes, or till the mass is light and snow-like.

Apple Meringue, No. 1.—Prepare apple-sauce out of tart juicy apples, season, strain, and pour into a deep pie-dish lined with paste. Whip to a stiff froth the whites of two eggs with two tablespoonfuls of sugar, spread over the top and return to the oven three minutes to brown.

Apple Meringue, No. 2.—Make a syrup out of twice as much sugar as water, by measure, into which, when boiling, drop quarters of peeled sour apples. Use only enough at a time to let the syrup well cover them. When tender skim them out and drop in more apples, taking care to preserve them unbroken. Then arrange the quarters in a dish of crockery and pour over them a meringue flavored with rose or almond, as in No. 1., and set in the oven a few moments to brown.

Apple Charlotte, No. 1.—(Mrs. Parker.) Grate ten sour apples and mix with two cupfuls of sugar. Line a large dish with slices of sponge cake, turn in the apple, make a hole in the middle and fill with currant jelly. Put in a mold and set on the ice for two hours. Turn out in a dish and cover the top with sponge cake.

Apple Charlotte, No. 2.—Pare, core and stew in a very little water six or eight apples, according to size, press through a coarse sieve and add sugar enough to make it very sweet. While the apple is hot, mix in an ounce of gelatine which has soaked in six tablespoonfuls of water, and stir thoroughly. Set the dish in another containing cold water, and stir till the mixture thickens, then cut into it a large cupful of cream whipped stiff. Turn into a mold and chill on ice.

Apple Float.—Grate ten sour apples and chill on ice, after sweetening and flavoring with lemon. Then heat to a froth the whites of four eggs, mix with the grated apples, and serve at once.

Apricot Cream or Souffle, No. 1.—Take a tin of preserved apricots, boil them in their own juice with a little sugar till reduced to a pulp, then pass through a hair sieve. Mix a little rice flour with a gill of milk, stir it over the fire till it thickens, add, off the fire, the yolks of four eggs, and as much apricot pulp as will make the mixture of the proper consistency; work it well so as to get it quite smooth, then add the whites of six eggs beaten up to a stiff froth; mix them in quickly with the rest, pour into a plain mold, and put it into the oven at once. When the souffle is well risen serve without delay.

Apricot Cream, No. 2.—Take a can of apricots, and put into a saucepan with two ounces of sugar; let it boil for a quarter of an hour, and strain through a colander. Dissolve an ounce of gelatine in a little milk, and whip a pint of cream. Mix the gelatine with the apricot pulp, and work into the cream. Mold and put on ice. Serve cold.

Apricot Bavarian Cream.—Stew a pint of fresh apricots or use a pint can of the same fruit, cut in pieces, and mash through a colander. Dissolve an ounce of gelatine in a cup of cold water, which must be gradually heated till it is all dissolved. Then proceed as in apple charlotte, mix the gelatine and fruit, set the dish in another containing cold water or ice, and stir till the mixture thickens a little, then mix into it a pint of cream whipped to a froth. Pour into a mold and set on ice. If the apricots need more sugar sweeten to taste. In the same way make the following recipe:

Bavarian Fruit Cream.—Soak one quarter of a box of gelatine in four tablespoonfuls of cold water for half an hour, and whip one pint of very cold cream till it makes a quart and a half, or even more. Boil three tablespoonfuls

of sugar in one cup of rich milk, pour in the gelatine and stir till dissolved. Strain, and flavor as liked, either with lemon, vanilla, chocolate or four tablespoonfuls of strong coffee. Place the bowl in very cold water, stir often, and when it is cold, and beginning to thicken, stir in the whipped cream.

To convert this cream into apricot, peach, cherry, orange or strawberry charlotte it is only necessary to line the bottom of the mold with the preserved or candied fruit and fill it with cream. Sliced bananas and fresh strawberries may be used in the same manner.

Blackberry Cream.—Over two quarts of ripe blackberries sprinkle half a cupful of sugar and mash them with a wooden spoon. Set them aside for a couple of hours, then strain through a very thin cloth or strainer. Partly whip one pint of sweet cream, then add the fruit juice, made sweet with half a cupful of sugar or even more. Whip again, and gradually add the stiff beaten whites of two eggs, whipping constantly till no more cream arises. Serve at once.

Cherry Cream.—Take two quarts of cherries—heaping quarts—bruise them without removing the pits, throw over them three-fourths of a cupful of sugar, and let them stand in a cool place two hours. Then strain, and proceed as with Blackberry cream. That is, sweeten the juice after straining, beat one pint of cream, gradually add the juice and the beaten whites of two eggs, continually whisking it till no more froth arises. The secret of success is to have cream, ice and eggs all thoroughly chilled on ice, and in adding the juice a little at a time to prevent curdling.

In the same way make currant cream. The berries and other fruits which have sufficient juice can be used, also lemon and orange cream.

Chocolate Bavarian Cream.—Soak half a box of gelatine in four tablespoonfuls of water for twenty minutes, boil one pint of milk, into which stir two ounces of grated chocolate and the dissolved gelatine. Stir till all is dissolved set the saucepan on the back of the stove with

enough sugar to sweeten well, and add one teaspoonful of vanilla. Stir while cooling, and as it grows thick mix with it two cupfuls of cream whipped to a froth. Turn into a mold to harden.

Chocolate Cream.—One square of Baker's chocolate, scraped very fine, one teacupful of sugar, yolks of two eggs, one-half teacupful of sweet milk. Cook over steam until thick, then fill the shells, using spoonful of mixture for each tart. Frost top with following :

Meringue.—Beat whites of two eggs to a stiff froth, add two tablespoonfuls grated chocolate, six tablespoonfuls sugar, one-half teaspoonful lemon extract. Spread frosting evenly over tarts. Place in oven to harden. Serve cold.

Cocoanut Cream.—Add one cupful of water to one grated cocoanut, and press through a moderately fine strainer. Boil together a cupful of water and twice as much sugar twenty minutes, then add the cocoanut to an equal quantity of this syrup. When it is a little cool, stir it slowly into the well-beaten whites of six eggs, and continue stirring over the fire till it is thick like custard. Pine-apple grated may be prepared in the same manner.

Cocoanut Snow.—Grate a cocoanut and sprinkle pulverized sugar lightly through it. Beat the whites of eight eggs to a stiff froth, add to them four large spoonfuls of fine sugar, beat well, and flavor with rose-water. Take half the cocoanut and stir into it one pint of thick, rich cream. Lay the remainder of the cocoanut lightly over this, and put the eggs and sugar over the top. Decorate the dish with bright-colored jelly.

Fruit Trifle.—Soak an ounce of isinglass in half a cup of water fifteen minutes, add the juice of a lemon and the grated peel of half, and a teacupful of sugar. Over this pour two and a half cupfuls of boiling water, and strain. When it is cool, but before it has thickened, pour it over a mold lined with oranges divided into sections and thin slices of bananas freshly peeled. Set on the ice.

Fruit Charlotte.—(Mrs. Lincoln.) Soak half a box of gelatine in half a cup of cold water till soft, and make a syrup of one cup of water and a cup of lemon juice (or a pint of orange juice and one cup water), with one cup of sugar. When boiling pour it into the beaten yolks of four eggs. Stir well, and cook in a double boiler till it thickens. Add the soaked gelatine, stir till dissolved, and strain at once into a granite pan placed in ice-water. Beat occasionally till cold and not hard. Beat the whites of the eggs to a stiff froth, and then beat all together till it thickens. When almost stiff enough to drop, pour into molds lined with cake. Keep on ice, and serve with or without powdered sugar and cream. Vary the fruit by stirring one pint of canned peaches, pine-apple or apricots in one cup each of sugar and water till soft, then sift, add the yolks of eggs, and cook till it thickens. Add the gelatine, strain, and when cool add the whites. Grated pine-apple will not require sifting.

Lemon Cream, No. 1.—Chill on the ice three cupfuls of cream about a day old, and sweeten to taste. Beat it to a froth and stir in the juice of four lemons and a tablespoonful of gelatine, softened in cold water, and then dissolved in a little hot water. It should be cold before stirring into the cream. Pour into an oiled mold without or with a thin lining of plain cake. Let it stand several hours before serving.

Lemon Cream, No. 2.—Take the juice and grated rind of one large lemon, beat into it half a pint of sugar, the same quantity of cream, and half a cupful of cold water, and lastly the well-beaten whites of three eggs. Heat half a cupful of milk and thicken it with two tablespoonfuls of corn-starch, made smooth, and stir that in also. Turn it in to a mold and set on ice. Serve with or without whipped cream.

Lemon Meringue.—Beat lightly the yolks of four eggs, add one cupful of sugar, three fourths as much water, with a part of which make smooth one tablespoonful of flour,

and the juice of a large lemon, with two-thirds of its grated yellow rind. Bake in a pie-dish lined with pastry, and when done cover with a meringue of the whites and three tablespoonfuls of sugar. Brown a few moments in the oven.

Lemon Float.—Dissolve a $\frac{1}{2}$ package of gelatine in a little cold water, then pour over enough water to make a quart in all. Sweeten with a pint of sugar, and add the juice of four or five lemons, according to their size. Strain, and stir in the beaten whites of ten eggs. It ought to be cold and should be served immediately.

Orange Snow.—Dissolve an ounce of isinglass in a pint of boiling water, strain it, and let it stand till nearly cold. Mix with it the juice of six or seven oranges and one lemon. Add the whites of three eggs, and sugar to taste. Whisk the whole together until it looks white and like a sponge. Put it into a mold and turn it out on the following day.

Oranges Jellied.—Peel a dozen medium-sized oranges, cut them up very small, rejecting all seeds. Put them in a dish larger than they will fill, sweeten very liberally. Take one-half box of Cooper's gelatine, dissolved in a little cold water, then pour on it one cup of boiling water, stir well, and add to it the oranges, mixing very thoroughly. Set away in a cold place or on ice.

Orange Charlotte.—(Mrs. Lincoln.) One-third box of gelatine, one-third cupful of cold water, one-third cupful of boiling water, one cupful of sugar, juice of one lemon, one cupful of orange juice and pulp, three eggs, whites only.

Line a mold or bowl with lady's-fingers or sections of oranges. Soak the gelatine in cold water till soft. Pour on the boiling water. Add the sugar and the lemon juice. Strain, and add the orange juice and pulp, with a little of the grated rind. Cool in a pan of ice-water. Beat the whites of the eggs stiff, and when the orange jelly begins to harden, beat it till light. Add the beaten whites, and beat together till stiff enough to drop. Pour into the mold.

One pint of whipped cream may be used instead of the whites of the eggs, or it may be piled on the top after the Charlotte is removed from the mold.

Orange Meringue.—Beat till light the yolks of three eggs, and then beat in a scant cupful of sugar. Stir in the juice of two oranges and the grated peel of one-half of one, and a cupful of milk. Bake either in a small pudding-dish or a deep pie-dish lined with paste. When done make a meringue of the three whites with as many tablespoonfuls of sugar, return to the oven long enough to brown, and serve warm or cold.

Orange Charlotte.—Soak one-third of a package of gelatine in one-third of a cupful of water till it is soft, then pour on one-half of a cupful of boiling water, and stir till the gelatine is dissolved, adding to it one cupful of sugar and the juice of one lemon, to increase the flavor, and the juice of enough oranges to make an additional cupful of pulp and liquid. Strain, and while the jelly is cooling beat to a stiff froth the whites of three eggs, then beat the jelly till that is also light. Lightly stir together the jelly and whites of eggs, and pour into a mold lined with stale sponge cake. In place of the whites of eggs use one pint of whipped cream, if desired. It is good without the sponge cake or with any other kind of plain cake.

Orange Float.—Blend smoothly four tablespoonfuls of corn-starch with the same quantity of water, and over it pour a quart of boiling water. Stir into it a heaping cupful of sugar, and the juice of one lemon. When it thickens on the stove take it off, and as it cools pour it over six sliced oranges divested of their seeds, or two oranges and two sliced bananas. Stir and serve.

Orange Cream.—Squeeze the juice and pulp of three oranges into a bowl. Add the juice of half a lemon, three ounces of sugar, one and a half pints of cold water; let it come to a boil, and then strain. Dissolve two tablespoonfuls of corn-starch in a little cold water, rub it smooth and

add to it the strained juices; let it boil fifteen minutes to cook the corn-starch. Then set it aside in the ice box to become quite cold. Beat up the whites of three eggs to a foam, whip it into the corn-starch, and it is ready for use. It may be served in tart shells or fancy cases.

Peach Bavarian Cream.—(A. D. A.) Soak one package of Cox's gelatine in one cupful of cold milk taken out of two quarts, and put on the remainder in a farina kettle. When it nears the boiling point put in the gelatine, and when dissolved add one small cupful of sugar, and strain the beaten yolks of four eggs with a little of the hot milk which has been dipped out and will prevent curdling. Cook five minutes, and pour into molds to form. When it has thickened to the consistency of custard, slice some peaches, take out some of the mixture, and place alternate layers until the mold is full. When the gelatine has congealed the fruit will be as richly colored as when sliced. Beat up the whites of the four eggs to a stiff froth with four tablespoonfuls of sugar, and when the mold is turned out pile the meringue around the base in large spoonfuls.

Peach Meringue.—As usual in creams dissolve half an ounce of gelatine in half a cup of water, then beat it into a pint and a half of sweet cream, and as it stiffens stir in the beaten whites of four eggs, with as many tablespoonfuls of sugar. On the bottom of a large dish arrange a quart of sliced peaches dredged with sugar, and over it pour the cream. Serve immediately.

Peach Charlotte.—(Mrs. Lincoln.) Line a mold or bowl with lady's-fingers or sections of oranges. Soak one third of a box of gelatine in one third of a cup of cold water till soft. Pour on it a third of a cup of boiling water, add one cupful of sugar, and the juice of one lemon. Strain, and add one cupful of stewed or canned peach, pine-apple or apricot, pressed through a colander or coarse sieve, and cool in a pan of ice-water. Beat stiff the whites of three eggs, and when the jelly begins to harden beat it till light. Add the beaten whites, and beat together till stiff enough to

drop. Pour into the mold and set on ice. In the same way make apple charlotte. In place of the peaches use one cup of cooked sour apples, steamed, drained and sifted, or canned apricot or pine-apple, or one pint of fresh raspberries or strawberries. Mash the fruit and rub through a sieve before using.

Pine-apple Blanc-Mange.—(The Home-Maker.) Heat three cups fresh milk to boiling, stir in a pinch of soda when heated, add in one cupful of sugar and half a box of Cooper's gelatine, soaked in half a cup of cold water. Strain, pour into a mold, and when perfectly cold and beginning to form, add one small cup pine-apple either fresh or canned, chopped fine. By waiting thus long there is less danger of the fruit curdling the milk.

Pine-apple Bavarian Cream.—(Helen Campbell.) Whip one pint of cream to a stiff froth and lay it on a sieve. Boil one pint of milk, with half a cup of sugar and half a teaspoonful of vanilla, and add to it half a package of gelatine soaked half an hour in half a cup of warm water. Stir in the beaten yolks of three eggs, and let it cool. Add then one cup of pine-apple marmalade, stir till very smooth, then add the whipped cream, mixing all well. Put in molds and set in ice. This is one of the most perfect forms of these delicious creams.

Raspberry Float.—Beat the whites of four eggs to a stiff froth, adding gradually six tablespoonfuls of sugar. Mash a quart of red raspberries with half a cup of sugar, let them stand while beating the eggs, then press through a strainer and beat the juice, little by little, into the egg. Serve in small glass dishes. Strawberry float can be made in the same manner.

Raspberry Cream, No. 1.—Put six ounces of raspberry jam to a quart of cream, pulp it through a lawn sieve, add to it the juice of a lemon and a little sugar, and whisk it till thick. Serve it in a dish or glasses.

Raspberry Cream, No. 2.—Take the desired quantity of

fully-ripe raspberries; bruise them, and sprinkle with a little pulverized sugar, let them remain for half an hour, then rub through a hair sieve. Measure the pulp, and mix an equal quantity of rich cream and sugar to make it sufficiently sweet. Whip it up well, and as the froth forms place it on an inverted sieve to drain. When no more froth can be obtained, place three or four each of macaroons and lady's-fingers in a glass dish, spread a little raspberry or currant jam over them, pour the remainder of the cream over all, and just before serving pile the froth cream on top of all.

Raspberry Blanc-Mange.—Strain the juice of fresh stewed raspberries and sweeten to taste. Heat in a porcelain saucepan, and when it boils stir in corn-starch, in the proportion of two heaping tablespoonfuls to one pint of juice: stir till cooked and pour into a wet mold. Serve with sugar and cream. In a similar manner make cherry or strawberry blanc-mange. The flavor will be sufficiently strong if the juice is diluted with one third its measure of water.

Raspberry Bavarian Cream.—Soak half a box of gelatine half an hour, and gradually beat it till all is dissolved. Turn into it two cupfuls of raspberry juice and six tablespoonfuls of sugar, or enough to sweeten it well. Set it in a cool place and stir as it thickens; mix in two cups of sweet cream, whipped to a cream, and turn in a mold to harden.

Strawberry Cream.—Take a pint of capped strawberries and sugar them well. Set aside for an hour to allow the juice to escape, then crush them, and press through a fine sieve. Soak half an ounce of gelatine in a very little cold water; when soft add three tablespoonfuls of sugar and the juice of one lemon. Heat to the boiling point, then strain into the strawberry juice. Beat all together well, and into it, when cooled, stir lightly half a pint of cream beaten to a foam. Turn into a mold and chill on ice. Serve with or without cream.

Strawberry Bavarian Cream.—Soak an ounce of gelatine in six tablespoonfuls of cold water for twenty minutes, while one quart of strawberries is mashed with one cup of sugar. Press the fruit through a fine sieve, gradually heat the gelatine, adding, if necessary, a very little hot water, and strain it into the berry juice. Set it in cold water or ice, and stir till it thickens, then add a pint of cream well whipped. Pour into a mold and chill on ice.

Strawberry Float.—Chop fine three pints of strawberries and stir in three-fourths of a cupful of powdered sugar, more or less according to their acidity. At the end of an hour mix in the beaten whites of three eggs, and serve at once in small glasses.

Strawberry Charlotte.—Boil half a cupful of rice five minutes in a quart of water, strain, and boil till done in a quart of milk. Rub the rice through a sieve. To one pint of it add an ounce of gelatine, dissolved in two tablespoonfuls of water and the milk remaining after it is drained from the rice. Cook together three minutes, stir, cool, flavor with half a teaspoonful of vanilla, and stir in the well-beaten whites of two eggs. Pour it over a quart of capped strawberries, or any other kind of berries, and pile whipped cream around the whole.

Strawberry Charlotte Russe.—Dissolve an ounce of isinglass in a few tablespoonfuls of milk, taken from a quart of rich new milk measured out for this purpose. Sweeten to taste, after heating the remainder of the milk and pouring over the gelatine. Flavor with vanilla, strain, and pour into molds to cool. Turn it out on a thin sponge cake covered with a thick layer of strawberry jam, and pour around it a pint of whipped cream.

FRUIT ICE-CREAM.

With the aid of late improvements in freezers, ice-cream can be readily made in every household. In fact cream may be frozen in a deep can or cylinder some four or five inches in diameter, by the aid of a tight-fitting cover, a long wooden spatula, plenty of ice and salt, and a box or firkin sufficient to pack them in. If the can is well-packed with rock-salt and ice, and the cream thoroughly beaten and scraped from the sides and bottom every few minutes, it will not take a great amount of strength to provide this delicious dessert.

It is necessary to have the ice crushed fine and to be mixed with one quarter its amount of rock-salt in order to get quick results. There should be alternate layers of ice and salt packed closely around the freezer till it is filled. Then turn into it the milk, custard, or cream, turn or beat slowly at first, afterward more rapidly, and at the end of half an hour the cream ought to be sufficiently fine and solid. If desired, pack it in molds, which must be covered and buried in salt and ice. Too much care can not be taken to prevent as much as a drop of salt water from entering mold or freezer. The cream ought to be very cold before the freezing process. If the cream is to be kept some time in the can, cover it with bagging or old woolen cloths wet in salt water.

In freezing fruit creams, rich Alderney milk is good enough for use with the addition of a trifle of cream. When that can be had it is far better than any custard

The unbeaten whites of three or four eggs dropped into new milk before it is put into the freezer is an excellent substitute for cream where custard is disliked. Whatever may be used it is needful to make the custard or cream very sweet. Freezing deadens the sweetness and makes a great demand upon saccharine material.

It is best to add fruit or flavoring to cream after it is partly frozen, and to scald the cream gives it a peculiarly velvety taste, as every connoisseur is aware. While these two points are not reiterated in any one of the following recipes, they should not, therefore, be omitted, except in pine-apple and berry creams, unless time is wanting.

Either of the following recipes can be used as the foundation of all fruit creams.

Ice-Cream, No. 1.—(Phila. Ice-Cream.) Scald two quarts of cream, or half cream and half new milk, and in it dissolve one pint of sugar. When partly frozen beat in the chopped fruit, pulp or juice, and continue the freezing.

Ice-Cream, No. 2.—(Miss Parloa.) Boil one pint of milk. Mix together one cup of sugar, two tablespoonfuls of flour, one saltspoon of salt, and beat in two whole eggs. Add the boiling milk, and when well mixed turn into a double-boiler and cook twenty minutes, stirring constantly till smooth, after that, occasionally. It ought to cook about twenty minutes.

With these two recipes, and even with only very rich milk and the whites of eggs as stated before, a large variety of fruit creams may be prepared.

Apple Ice-Cream.—Steam or bake large sweet apples, and press through a coarse sieve. Stir two cups of the pulp into one and one-half quarts of cream or custard as described above, and freeze.

Apricot Cream.—To partly frozen cream add the mashed

pulp of a pint can of apricots, or twice as much fresh fruit, which becomes reduced in quantity by peeling and mashing.

Banana Cream, No. 1.—Peel and mash half a dozen large, ripe bananas, making them perfectly uniform and smooth. Beat them into a quart and a half of cream, custard, or Alderney new milk, and freeze.

Banana Cream, No. 2.—One pint of sugar, one pint of water; boil twenty minutes. Ten grated bananas; to the bananas add the yolks of five eggs, well beaten. Stir this into the boiling syrup, and boil six minutes. Remove from the fire. Stir in one quart of cream. When cool, freeze.

Banana Cream, No. 3.—Into half a gallon of rich, sweetened Alderney milk or cream stir four sliced bananas, and freeze.

Cocoanut Cream.—Use one grated cocoanut to every quart of prepared milk or cream, also the unbeaten yolks of two eggs. Flavor with orange, and freeze.

Lemon Ice-cream, No. 1.—(Mrs. Parker.) Mix three tablespoonfuls of corn-starch with two of unsalted butter, and dissolve in half a gallon of new milk; add two well-beaten eggs, sweeten, flavor with lemon extract, and freeze.

Lemon Ice-Cream, No. 2.—(Ruth Hall.) Heat a quart of milk in a kettle of hot water; when it boils stir in three-fourths of a pound of sugar beaten with the yolks of four eggs. Cook till it resembles a thin cream, stir in carefully one tablespoonful of extract of lemon, and the same quantity of dissolved gelatine, and freeze.

Lemon Ice-Cream, No. 3.—(Mrs. Rorer.) Mix together nine ounces of sugar, the juice of two lemons, one orange and the grated rind of three lemons, and stand in a cold place one hour. Put one quart of cream in a farina boiler, and when scalding hot stand aside to cool. When cold freeze.

Quince Ice-Cream.—Into a quart of milk or cream, prepared as before directed, stir a cupful of sweetened quince juice, and freeze.

Raspberry Ice-Cream.—Cover a quart of berries with a cup of sugar and let them stand an hour. Then pour over them three pints of rich milk or cream, and stir them together. At the end of another hour strain, add more sugar, and freeze.

Orange Ice-Cream.—Allow the juice of four or five oranges, according to size, to every quart of cream, or cream and milk, half and half. Allow a cup and a half of sugar, upon which grate the peel of one lemon. Scald the cream, and when cool add the orange juice and sugar, and freeze.

Peach Cream.—Make precisely like apricot cream. Peaches may also be pared and mashed to a pulp before being added to the partly frozen cream. To one quart of very sweet peaches add one quart sweet cream.

Pine-apple Cream.—Chop fine one pine-apple and sprinkle over the pieces a little less than one pound of sugar. At the end of two hours beat it into one quart of cream and freeze rapidly as possible.

Strawberry Ice-Cream.—This cream is made like the raspberry cream. No recipe rule can be given concerning the amount of sugar, as berries vary greatly in regard to sweetness, but it needs to be very sweet. Do not heat the cream.

Strawberry Cream, No. 1.—(Mrs. Rorer.) Put half a pound of sugar and a pint of cream on to boil in a farina kettle; when the sugar is dissolved, stand aside to cool. Add another half pound of sugar to a quart of strawberries, with the juice of one lemon. Mash, stand aside one hour, then strain through fine muslin. Add another pint of cream to the sweetened cream and freeze. When half frozen stir in the fruit juice, beat thoroughly, and freeze. If canned fruit is used, less sugar will be required.

Strawberry Cream, No. 2. Mash together one quart of berries and one pound of sugar. At the end of two hours rub through a coarse sieve and add one quart of cream.

Tutti Frutti, No. 1.—Chop fine two ounces of blanched raisins and mix with one quart of cream and one pint of sugar. When partly frozen throw in two-thirds of a cupful each of finely chopped raisins, citron and orange preserves. Stir thoroughly, and finish freezing.

Tutti Frutti, No. 2.—Make a Neapolitan cream by beating the yolks of six eggs, then beating in a scant pint of sugar, and lastly the whites whisked to a stiff froth. Boil a quart of cream in a double boiler and gradually stir in the eggs and sugar. Stir till the custard begins to thicken. Strain it through a sieve and let it cool. When partly frozen add a pound of finely chopped candied fruits, including cherries, pine-apples, angelica root, strawberries, apricots or plums. Let the cream stand a couple of hours after it is frozen, in order to let the flavors perfectly blend. In place of the French fruit, if preferred, use home-made preserves, chopped raisins, currants and citron, or grated cocoanut, in the proportion of a quart of the prepared fruit to the same quantity of milk or cream before it is ready for freezing.

FRUIT WATER-ICES AND SHERBETS.

Cooling mixtures flavored with fruits and destitute of cream are more wholesome than the richer preparations which have been described. They seem to bring with them a breath from the Orient, mingled with dreams of the shaded courts and pleached alleys, the rose-leaf conserves and tinkling fountains of that Eastern country in which the sherbet originated.

Water-ices are made out of fruit juice, syrup or jelly, the former giving the most satisfactory results. The water and sugar are to be measured, boiled and skimmed before adding the juice of the fruit, for boiling dissipates much of that ethereal flavor which cannot be restored. Water-ices of all kinds require more time for freezing than creams, and the process must be carried on more slowly. They are molded and packed in the same manner.

Apple Sherbet.—To two quarts of sweet new cider add the juice of two lemons and a cup of sugar. Freeze without heating.

Citron Ice.—Stir one quarter of a pound of thinly-sliced citron, cut into dice, into a quart of rich lemonade, and freeze.

Cherry Water-Ice.—Mash two quarts of common cherries, and break some of the pits, which must be chopped and added to the pulp; twenty will be enough to give sufficient flavor. Let them macerate an hour or two, then press through a jelly-bag. Boil a pint and a half of sugar and the same quantity of water, and when the syrup cools add the cherry juice and freeze.

Currant Ice.—Boil a quart of water and a pound of sugar to a syrup. Skim, and stir in two cupfuls of currant jelly or a pint of fresh currant juice, and two more cups of sugar heated together till the sugar has dissolved. Freeze a quarter of an hour, then stir in the unbeaten whites of four eggs.

Orange Water-Ice.—Soak a tablespoonful of gelatine in half a cupful of cold water twenty minutes, then pour over it a cupful of boiling water and stir till dissolved. Mix with it half a cupful of powdered sugar, the strained juice of six oranges, and enough water to make a quart of liquid; strain through a jelly-bag and freeze.

Lemon Ice.—Dissolve one tablespoonful of gelatine

in a little water taken out of a measured quart of water, boil the remainder with a pound of sugar and stir in the gelatine. When cold add the juice of two oranges and five lemons, and freeze. A little of the peeling should be grated in with the lemon-juice.

Orange Sherbet, No. 1.—To every quart of water use the juice of six oranges, two small lemons, the whites of two eggs, and one large teacupful of sugar. The latter, however, must be proportioned to the size of fruit and the amount, and can only be told by tasting. Make a syrup of sugar and water, add the grated rind of an orange and a lemon, boil up, and set away to cool. With this mix the juice pressed from the lemons and oranges, and freeze.

Orange Sherbet, No. 2.—To every quart of water add the juice of four oranges and the juice of two lemons; when nearly frozen stir in the beaten whites of three eggs.

Orange Ice.—Grate the rinds of four oranges, and steep them ten minutes in a pint of water. Strain it upon one pound of sugar, add a pint of orange juice, and, when cold, pour into the freezer. When half frozen, add the whites of four eggs, beaten to a stiff froth.

Pine-Apple Sherbet.—To one pint of nice finely grated pulp allow the same quantity of sugar, and a pint and a half of water. Make a syrup of the latter, cool, add the pulp, the juice of one lemon, and, when half frozen, the beaten whites of two eggs.

Raspberry Ice.—With one quart of red raspberries stir a pint of sugar and the juice of two lemons. Strain through a fine sieve, add a quart of water, the whites of three eggs, and freeze.

Strawberry Ice.—To one quart of fruit after it has been pressed through the colander add three-fourths of a pound of sugar, or more if the berries are not very sweet, and the unbeaten whites of three eggs and one cupful of water. Freeze. This is a very delicious ice.

Strawberry Sherbet.—One quart of strawberries, three pints of water, one lemon—the juice only, one tablespoonful orange-flower water, three-quarters of a pound white sugar. The strawberries should be fresh and ripe. Crush to a smooth paste, add the rest of the ingredients (except sugar) and let it stand three hours. Strain it over the the sugar, squeezing the cloth hard; stir until the sugar is dissolved, strain again, and set in ice for two hours or more before using it.

FRUIT AND TAPIOCA.

All varieties of fruit are appetizing, wholesome, easily prepared and not over rich when combined with tapioca. It is not necessary to give special directions for each kind of fruit tapioca, since the same method is applicable to all, except that such large fruits as apples and peaches need longer cooking than berries.

Apple Tapioca.—Wash one half pint of tapioca and soak it one hour in two cupfuls of cold water. Boil it in a quart of cold water in a farina kettle until it looks clear. Then slice tart apples enough to cover the bottom of a pudding-dish an inch and a half thick, sprinkle with sugar, and pour over the cooked tapioca. Bake half an hour and serve either warm or cold with cream and sugar or soft custard.

Again, take large sour apples, pare and core and stew till they begin to be tender, either with a very little water, well covered on the back of the stove or in a steamer. Fill the core apertures while still hot with sugar, arrange, standing on the bottom of a pudding-dish, and pour over them the cooked tapioca. Bake as before.

Blackberry Tapioca.—Stew one full pint of blackberries in a very little water ten minutes, turn them into a

pudding-dish and pour over them the tapioca, as prepared above. Bake and serve with sweet liquid sauce.

Cherry, raspberry, strawberry, peach, orange and pineapple tapioca are made by stirring fresh or canned fruit into the boiling tapioca when it has slowly cooked till it becomes clear. It is prepared like apple tapioca though to a cup of tapioca there need be only two and a half cups of water. The fruit juice furnishes so much liquid that it may be cooked drier than when it is baked with apples. After it has boiled till clear, turn into the boiling tapioca one quart of fresh berries or one pint of stewed fruit, including cherries, sweeten according to their acidity, turn into a serving-dish, and set away to cool.

FROZEN FRUIT.

Frozen Fruit.—Take very sweet grated apples, pears, peaches or quinces and freeze like cream. Canned fruit can be prepared in the same manner. All kinds of fruit can be chopped or mashed and frozen. The addition of gelatine and cream greatly improves them, but they are toothsome without.

Apricots Frozen.—Drain the juice from a quart can of apricots and mash them fine, after removing the stones. Into the syrup stir half a pint of sugar and one pint of water, boil it up and skim. To this add a heaping tablespoonful of gelatine, dissolved in a little cold water, then the mashed pulp of the fruit. Freeze when thoroughly cold.

Frozen Bananas.—Cut six large ripe red bananas crosswise, in very thin slices; add half a pound of powdered sugar to them, let them stand an hour, then add a quart of water and the grated peel of a lemon. When sugar is dissolved put the fruit in the freezer and freeze like ice-cream. The juice of one or two oranges is an addition.

Frozen Cherries.—Sweeten one quart of pitted cherries

with the same measure of sugar and let them stand till the juice is drawn out. Stir them till the sugar dissolves, then add one quart of water and freeze. If canned cherries are used, take less sugar.

Frozen Fruit Mixture.—Mash together equal quantities of raspberries and strawberries, take as much currant juice and water, half and half, as there is, by measure, of berries, add the juice of one lemon to every quart of the mixture, stir in three-fourths of a pint of sugar to every quart when all is mixed, and let it stand, stirring often, till the sugar is dissolved. Freeze like cream.

Frozen Oranges.—To the pulp of a dozen oranges add twice as much water and the juice of one large lemon. Sweeten to taste and freeze.

Frozen Peaches.—Peel and slice peaches, discarding the pits, and mix with an equal quantity of peach sherbet. Make very sweet and freeze. The flavor is increased by adding the water in which a dozen peach-pits, chopped fine, have been boiled.

Frozen Raspberries and Strawberries.—Mash the berries, and to every quart before mashing add one pint of sugar and the juice of one large lemon. Cover them, let them stand two hours, add one quart of water and freeze.

Frozen Pine-apple.—Grate the pine-apple, adding an equal amount of water. Sweeten well and freeze.

Iced Pudding.—Boil one scant half-tablespoonful of arrowroot in one pint of new milk, and into it stir one and one-half quart of hot milk. Add three beaten eggs, three cups of sugar, and half a pound each of seeded raisins, currants and citron chopped fine. Flavor with vanilla, and freeze hard.

Frozen Fruit.—Line a deep mold with vanilla ice-cream and fill the center with fresh berries or chopped fruit of various kinds, and cover the whole with ice-cream. Pack in a freezer and set in ice to chill, (not freeze) the cream,

Frozen Pudding.—(Mrs. Preston.) To three pints of new milk add three or four sticks of fresh cinnamon, two blades of mace, and one and one-fourth pounds of the best raisins, stemmed and stoned. Cover these tightly in a stew-pan and let them simmer slowly for fifteen minutes. Meanwhile beat very light the yolks of five eggs, adding slowly, when light, one-half pound of pulverized sugar, making it as light and creamy as possible. When ready, strain the spice and raisins from the milk, and save them to put in again later. Put it back to boil, stir in the eggs and sugar, beating until it simmers once. Then remove from the fire, and when cold, stir in one-fourth pound of blanched almonds that have been pounded in a mortar, with a little rose-water, then the raisins that have been boiled in the milk, one-half pound of the best citron, and a small quantity of preserved ginger, cut into very thin, small slices. Mix all well together, add a quart of rich cream, stir till nicely mixed, and freeze as ice-cream.

FRUIT PICKLES.

Pickles are an appetizing relish, though far from wholesome. If they must be used the best cider vinegar should be taken, and the scalding should be in kettles of porcelain or granite-ware, never in tin or iron. Spices ought to be scantily used and so skillfully blended that no one kind overpowers the others. Pickles must be kept in jars of glass or stone which have never held any kind of fat. They ought to be set in a cool, dark cellar.

Apple Pickles, No. 1.—Make a syrup of three pounds of sugar to a pint of vinegar. When it comes to a boil drop in apples peeled, cored, and quartered. Cook till they are tender, then skim out and place in glass jars set in a pan of hot water. In the syrup, when first made, drop

a cotton bag filled with a teaspoonful each of cinnamon, cloves and allspice. After the apples are taken out boil the syrup fifteen minutes longer; fill the jars and seal while hot. In the same manner pickle whole crab-apples, peaches and pears. If a sour pickle is desired, do not boil the vinegar, but when it is scalding hot, drop in the apples and keep them closely covered, just below the boiling point, till they are tender. This amount of syrup will pickle about seven pounds of fruit.

Apple Pickles, No. 2.—Peel a peck of smooth, sweet apples, leaving on the stems. Dissolve two pounds of best brown sugar in one quart of vinegar, and in it drop a bag containing two teaspoonfuls of cinnamon and half a teaspoonful of cloves. Before it boils turn out half the vinegar syrup, which should be kept closely covered with porcelain or granite from the first, and set aside in glass or stone. Into the remainder drop the whole apples, and simmer slowly till they are tender but unbroken. Skin them out of the syrup and put in small stone jars or two quart glass cans. Throw away the syrup in which the apple has been cooked, or keep it to stew fruit for immediate use, then heat the remainder to a point slightly below boiling and pour over the apples. If they are kept in stone, an inverted saucer should be placed over them to keep them covered with the syrup. If sealed in glass, they will keep like any other fruit, otherwise see that they are in a cool, dark place. Large sweet apples may be quartered and prepared in the same manner.

Blackberry Pickles.—Make a syrup as for Apples No. 1 and boil the berries till they are tender. Seal in jars. They need no spices.

Cherry Pickles.—Take large cherries before they are ripe enough to be soft, and put them, stems on, into jars of stone or glass. Heat the jars in hot water, and pour over them a syrup made with a pint of vinegar to every three pounds of sugar. Tie in a bag a teaspoonful each of cinna-

mon, allspice and cloves. Drain off the liquid and heat to boil every morning for a week. Pour it, while hot, over the cherries, which must be kept in a cool, dark cellar, or sealed in cans. Blackberries may be pickled in the same manner. One pound of sugar ought to cover nearly a gallon of fruit. For a sourer pickle use half as much sugar.

Crab-apple Pickles are made like apple pickles.

Cranberry Pickles.—[See directions for Cherry Pickles.]

Spiced Currants.—Take five pounds of fruit, four of brown sugar, a little less than two tablespoonfuls of cloves, same quantity of cinnamon, boil two hours, then add one pint of vinegar and boil fifteen minutes. Grapes may be prepared in the same way, having first taken the seeds out as for preserves. Add a trifle of cayenne.

Grape Pickles.—Take grapes fresh from the vines and not too ripe, and pick from the stem, without breaking, and pack in stone or glass jars. For every seven pounds of fruit take one quart of vinegar, four pounds of sugar, an even teaspoonful of cloves and one of cinnamon tied in a bag; bring the vinegar, sugar and spices just to the boiling point, then, when a little cooled, turn over the grapes. If they are in a stone jar, a small plate must be placed over the top to prevent their rising above the liquor. With the amount of vinegar given they will keep a long time without sealding.

Lemon Pickles.—They should be small and with thick rind. Rub them with a piece of flannel; then slit the fruit half down in four quarters but not through to the pulp; fill the slits with salt hard pressed in; set them upright in a pan for four or five days until the salt melts, turn them thrice a day in their own liquid, until tender. Make enough pickle to cover them, of vinegar, the brine of the lemons, one Jamaica pepper and a small piece of ginger. Boil and skim; when cold, pour over the lemons, with two ounces of mustard-seed to six lemons. When the lemons are used, the pickle will be useful in fish and other sauces.

Pickled Peaches, No. 1.—Wipe off the down from a dozen free-stone peaches and put them in a brine strong enough to bear up an egg. In two days take them out, drain through a sieve, and put them in a jar. Tie in a bag one ounce of whole white pepper, one of broken ginger-root and two of mustard-seed. Scald a full quart of vinegar, and while hot pour over the peaches. If sweet pickles are desired, use one and one half pounds of sugar to every quart of vinegar.

Pickled Peaches, No. 2.—Peel seven pounds large peaches and put them into a porcelain kettle with cold syrup, made in the proportion of a pint of vinegar to four pints of sugar. Tie a teaspoonful of cloves and a tablespoonful of cinnamon and half an ounce of ginger in a bag, and drop into the syrup, which must be gradually heated till it boils. Then take out the peaches and pour the liquor over them. Cover them and the next morning drain off the syrup, scald, and pour over the fruit. Continue to do so for a week.

Some persons prefer the unpeeled peaches with four cloves stuck in each. The shape is thus preserved, but the skins are peculiarly tough. It is better to keep them in closely sealed cans till needed. Only as much fruit must be used as the syrup will cover.

Pickled Pears.—Dissolve two pounds and a half of sugar in a quart of cider vinegar, and drop into it a bag filled with a tablespoonful of ground cinnamon and half a grated nutmeg. This amount of syrup will cover a little more than two pounds of fruit. If the pears are small, pickle them whole, if large, cut them in halves and take out the core; the skin may or may not be removed. Cover closely, simmer till tender, skim them out into cans or jars, cook the syrup fifteen minutes longer, pour over them, and seal.

Peaches Spiced.—Peel large peaches but do not remove the pits. To six pounds of fruit take three and a half of sugar, one quart of vinegar, and one teaspoonful each of cin-

namon and cloves tied in a bag. Boil slowly for an hour, in a granite or porcelain kettle, and can while hot. Pears may be spiced in the same way; so may apples.

Pine-apple Pickle.—Slice the pine-apple very thin and pour over it a syrup made of two pounds of sugar to a pint of vinegar, with spices of cloves, cinnamon and all-spice. The next morning drain off the syrup, boil up again, and pour over the fruit. Repeat it twice afterward. Ripe musk-melon, ripe cucumber, and water-melon is pickled in the same manner. The rind is cut in thick oblong pieces, and the outer skin shaved off.

Pickled Plums.—For eight pounds of fruit take four pounds of sugar, one quart of vinegar, one ounce of cinnamon, and one of cloves; scald the vinegar, sugar, and spices together; skim, pour scalding hot over the fruit, and let it stand three days; pour off the syrup, scald and skim, and pour over again, and continue this process every three days till they are scalded three times. The plums should be pricked with a needle before dropping into the syrup.

Quince Pickles.—Peel the quinces and divide into eighths, reserving cores and parings for jelly. Put the sections into a preserving kettle on the back of the range, with water enough to keep them from burning. Cover, and let the fruit steam till tender, then throw in three-fourths its weight of sugar. Weigh again, when the sugar is dissolved, and to every four pounds and a half of fruit, allow one-half pint of vinegar and one tablespoonful of mixed cinnamon and mace tied in a cheese-cloth bag. Cover closely and let it simmer fifteen minutes. Skim the fruit into glass jars, boil the syrup till it thickens, pour over the quinces and seal.

Raisins Pickled.—Make a syrup of two pounds of the best brown sugar and one pint of vinegar, with a teaspoonful each of cinnamon, spice and cloves tied in a bag. Heat to the boiling point, skim, and turn it over two pounds of large selected raisins on their stems. On the second day,

drain off the syrup and re-heat, put in the raisins and let them soak in the hot syrup, kept just below the boiling point, till they are tender. Keep in stone or glass. They are good without the spices, which to some tastes are no addition to the flavor. This makes a very delicate pickle.

Nasturtium-seed.—Take the green seeds after the flower has dried off, but before they are ripe and hard. Lay in salt and water two days, in cold water one day; pack in bottles and cover with scalding vinegar, seasoned with mace and white pepper-corns, and sweetened slightly with white sugar. Cork, and set away four weeks before using them. They are an excellent substitute for capers.

Pickled Butternuts and Walnuts.—Gather them when soft enough to be pierced by a pin. Lay them in strong brine five days, changing this twice in the meantime. Drain, and wipe them with a coarse cloth; pierce each by running a large needle through it, and lay in cold water for six hours. To each gallon of vinegar allow a cup of sugar, three dozen each of whole cloves and black pepper corns, half as much allspice, and a dozen blades of mace. Boil five minutes; pack the nuts in small jars and pour over them scalding hot. Repeat this twice within a week; tie up and set away. They will be good to eat in a month.

FRUIT CATSUPS.

Gooseberry Catsup.—To twelve pounds of stemmed and clipped gooseberries add eight pounds of brown sugar, one tablespoonful of cinnamon, and other spices to taste, including one teaspoonful of cayenne. Boil two hours, add a quart of good vinegar, strain, and bottle.

Grape Catsup, No. 1.—Simmer three quarts of grapes till they are soft, then mash through a colander. Add two pounds of brown sugar, one pint of vinegar, two even ta-

blespoonfuls each of cloves, allspice and cinnamon, one teaspoonful of salt, and one of cayenne pepper. Boil till it thickens, then bottle.

Grape Catsup, No. 2.—Squeeze the pulp from ten pounds of grapes, boil it five minutes, and strain out the seeds. Throw skins into one pint of vinegar, cover closely, and boil till tender; tie in a bag one scant tablespoonful of allspice, and a heaping tablespoonful of cinnamon and of cloves, a teaspoonful of salt, and one of cayenne. Add two quarts brown sugar, heat and bottle.

Plum Catsup.—Pour one pint of hot water over seven pounds of plums, cover closely and steam till tender. Then add four pounds brown sugar, one pint good vinegar, and one even tablespoonful each of cinnamon, allspice and cloves, and two thirds of a teaspoonful of cayenne. Cover, and steep half an hour, then seal in cans. Before serving them in a pickle dish take out the pits.

FRUIT SALAD.

In summer-time, fruit salads form a cool and delicious adjunct of luncheon or dinner. A few years ago a salad consisted of “uncooked herbs, dressed with salt, vinegar and spices,” but at present, the word has outgrown that definition, especially in adding fruit to the list of edibles. Berries, bananas, peaches, pears, currants, pine-apples, oranges and lemons are all served as salads. Mrs. Emma P. Ewing’s comprehensive little book, entitled “Salads and Salad Making,” describes minutely the process of making simple and compound dressing, which, however, is not perplexing work. A judicious mixture of fruits and juices depends upon natural taste. Like fruit cream, the salad should stand an hour or two in a cool place before it is

served, in order to acquire that blending or “ripening” of flavors which produces a perfect result.

The simplest of all salads is the ripe currant sprinkled with sugar, then currants and raspberries together, then oranges and bananas sliced and dressed with lemon juice and sugar.

Apple Salad.—Peel and slice tart mellow apples, sprinkle with sugar and the juice of an orange or a lemon. A coarser taste will mingle the apple with a few thin slices of a raw mild onion, a dessert-spoonful of oil, in which is mingled a trace of cayenne, and a teaspoonful of lemon juice.

Aguacates or Alligator Pear Salad.—This tropical fruit which can be procured in the large cities is made into a salad by cutting the fruit in two lengthwise, removing the rind and large seeds, and dressing it with oil, vinegar, pepper and salt; as the pear is itself rich in oil that ingredient may be dispensed with.

Banana Salad.—Peel and cut in slices six bananas, peel the same number of oranges, and remove the white interior rind, then slice across the orange, removing the pits. Arrange them in layers, sprinkle with powdered sugar and over them squeeze the juice of a large lemon.

Compound Fruit Salad.—Peel one pine-apple and shred it in small pieces with a silver fork, peel and slice thin six bananas, and peel, tear into sections, and seed four sour oranges. Arrange in a crystal dish in layers, sprinkling sugar between them, then squeeze over the whole the juice of one large or two small lemons. Prepare two or three hours before serving.

Or over the same combination of fruit pour the following from Mrs. Ewing:

Transparent Orange Dressing.—To the juice of three oranges and one lemon, which should make half a pint,

add four ounces of sugar and the white and shell of one egg. Beat all together. Heat to the boiling point. Simmer five minutes and strain. If liked, a small portion of the grated peel of both orange and lemon may be added.

A jellied orange dressing may be made by adding to the above mixture before heating it, half an ounce of gelatine soaked an hour in a gill of cold water.

The above excellent dressing will be found fitted for various kinds of fruits, such as oranges and banana, peeled, sliced and piled in alternate layers. The jellied dressing may be molded with layers of small fruit, or with large fruit sliced. It should be kept on ice till served.

(To the orange dressing given above, Mrs. Ewing adds one gill of sherry wine for which can be substituted simple orange juice.)

Orange Salad.—In India oranges are often served with a dressing of oil, vinegar and pepper. A better way is to squeeze lemon juice over the slices and sprinkle liberally with powdered sugar.

HOW TO KEEP FRUITS.

Stone fruits should be allowed to reach perfect maturity or within a few days of that period, before being gathered. The same is true of all kinds of berries which begin to lose their value from the hour they are plucked.

Grapes should be perfectly ripe. Summer pears ought to be gathered one or two weeks before maturity, otherwise they are mealy and worthless. Cover them with flannel and store in a dark closet until they have undergone that mysterious chemical change which sweetens their juices. Summer apples, likewise, should be plucked before they are quite ripe. Winter pears and apples ought to remain on the tree till near frost.

Fine winter apples ought to be hand-picked and carefully packed in barrels under the trees to cure, then removed to a dry, cool cellar, and kept just above the freezing point. They may be packed in dry sand, rejecting any that have the slightest appearance of decay, or wrap each apple separately in a piece of thin paper, such as is used around oranges. By following this method, they will keep till June.

Plums, pears, peaches, apricots and nectarines need to be kept in a cool place, with a free circulation of air, and should not touch each other. Frequently looking over all kinds of fruit and rejecting any that show the slightest symptoms of decay, will aid in the preservation of the remainder. Here, as elsewhere, evil communications corrupt good manners.

Berries and cherries should be spread out and exposed to the circulation of the cool air as much as possible. In the same way treat oranges and lemons. The latter may be preserved several weeks, when shriveling up in hot weather, by keeping in glass jars filled with cold water. Change the water every week. Cranberries may be kept in the same way.

Since canning became general dried fruits are less in favor than before. Evaporated fruits are excellent. Dried cherries have been used in Germany since time immemorial. They are stewed in water and thickened with flour to make a soup for the beginning or the close of dinner. Date paste, consisting of ripe fruit pressed into a cake, forms a staple food for the Arabs ten months of the year, showing the excellent properties contained in dried fruits. These dates are boiled and stewed with butter or honey.

WEIGHTS AND MEASURES.

In all the recipes in "Fruits and How to Use Them," salt is omitted simply because any housekeeper knows how much or how little she wishes to use, better than any one can direct. Some fruits, like the apple, have an accentuated flavor by the addition of a trifle of salt, others are injured.

It must be distinctly understood that in the use of sugar, one pint is equivalent to one pound, that one cupful means, more than one teacupful, viz: one-half pint. It takes one heaping pint of powdered sugar, however, to make one pound. By a tablespoonful of any ingredient is meant one slightly rounded. For the rest, see the following:

4 saltspoonfuls.....	equal	1 teaspoonful.
3 teaspoonfuls	"	1 tablespoonful.
4 tablespoonfuls.....	"	$\frac{1}{2}$ cup.
2 gills.....	"	1 cup.
2 cups.....	"	1 pint.
2 pints.....	"	1 quart.
4 quarts.....	"	1 gallon.
4 cups flour.....	"	1 pound.
2 cups sugar.....	"	1 "
1 cup solid butter.....	"	1 "
1 heaping tablespoonful butter.....	"	2 ounces.
1 " " " sugar.....	"	1 ounce.
1 tablespoonful liquid.....	"	$\frac{1}{2}$ "

HOW TO SERVE FRUIT.

Very much of the beauty of fruit depends upon the manner in which it is put upon the table. To persons of refinement an esthetic service adds greatly to the enjoyment of all kinds of food, certainly of fruit.

Apples ought to be well polished with a cloth and piled in a high dish, yellow and red together, with a silver knife at each plate. Steel knives ought never to be used with fruit, since they produce discoloration.

Bananas ought to be heaped with oranges or grapes in a high dish of porcelain or crystal.

Berries should be freshly arranged in a large holder and served without sugar, which draws out the juice and toughens them. Each person can use sugar and cream according to his own taste.

From clusters of grapes clip all that are unsound or unripe, and lay them tenderly upon a bed of their own green leaves. The various shades of purple and translucent-green, are lovely when arranged together or with golden oranges gleaming between the clusters. Grape scissors are now frequently placed beside each dessert plate.

Melons should be kept on ice or in a cool cellar a few hours before using. Water-melons ought to be brought to the table entire, and cut across the middle, on a platter, with a carving knife. Nutmeg and musk-melons ought to be divided lengthwise and brought to the table, after the seeds are scooped out, with a lump of ice in each hemi-

sphere. Cut in long strips and pass round both salt and sugar. Have knife, fork and teaspoon at each plate.

The serving of oranges is described under the heading "Oranges," among the recipes.

Peaches should be peeled thin and sliced, but a few of the finest ought to be reserved for a central dish since many persons prefer to peel their own fruit. A few green leaves about the edge of the dish help to bring out their velvet loveliness.

Pears should be served in a high dish with green leaves. Plums, the purple and green gage, have their coloring enhanced by a few sprays of the nasturtium, leaves and blossoms together. In fact the lovers of the beautiful, always fertile in resource, will devise a hundred different ways of arranging fruit as a table decoration.

CONCLUDING NOTES.

While it has been the aim, in the preceding pages, to present a tolerably complete list of recipes for the preparation of table fruits, it is most earnestly recommended, in the interest of good health, that the housekeeper should confine herself to the simpler forms. Among them there can certainly be found a sufficient variety to satisfy the most fastidious and exacting.

"Fruits and How to Use Them" is not claimed to be an exhaustive work. The permutations to be rung upon this important food are practically endless.

During the last six years the author and compiler, in the interest of this book, has consulted many private house-

keepers of great experience, (beside a vast number of cook-books), to all of whom she returns grateful thanks.

In cases requiring either, baking-powder has been given instead of soda and cream of tartar or sour milk, but each housewife has her own favorite method, which she can readily substitute for that.

Frequent directions are given for the making of fruit pies. Were the art of mixing the ordinary pie-crust lost forever "the world would be the better for it," but housekeepers will make pies and householders will eat them. Following are some healthful ways of making plain pastry.

Plain Pastry.—Mix together equal quantities of Graham and white flour and wet with cold sweet cream, in the proportion of three cups of flour to one scant cup of cream. Stir it with a spoon rapidly and lightly. Without kneading, gather the dough with the fingers and set in a very cool place half an hour before rolling out.

Two rounding teaspoonfuls of baking-powder will make this crust still lighter. In that case roll and bake at once.

Again, take equal quantities of white pastry flour, Indian meal and oat-meal and wet with cream as above directed. It should in all cases be rolled thin, for the pastry is only needed as an envelope for the fruit.

Plain Butter Paste.—Rub one pound of flour into a smooth, thick paste with ice cold water, roll it out and weigh out one quarter of a pound of good butter, which should be divided into three equal portions. Spread the paste with dots of butter, sprinkle on a trifle of flour, roll it over and roll out. Dot it a second time with butter and yet a third, touching it with the hands as little as possible. Set in the ice-box a few minutes, then roll and bake.

Good tarts or pies can be made with this pastry if the lower crust is filled with clean linen rags; then cover with

the upper crust and bake. Take off the top, pour in fresh fruit mashed and sweetened, cover with a little sweet cream, replace the crust and serve.

In all cases, in the recipes, where "spoonfuls," either large or small are mentioned, rounded spoonfuls are meant, not heaped.

This little book will fulfill its mission if it satisfies a few housekeepers that the shedding of blood and sacrifice of animal life, especially in the summer season, is not necessary in order to furnish a table both wholesome and attractive. In the long list of excellent cook books now at hand, with "Marion Harland's Common Sense in the Household" at the head, prevails a mixed dietary in which fruits have not received a recognition of that value which will be accorded to them in the civilization of the future. This is due to the fact that even two years ago fruits were to be found in the market less plentifully than they are to-day, and also that they were less luscious and easily preserved. As a courier of far greater prodigality and richness on the part of Nature's choice productions, "How to use Fruits" presents its modest claims.

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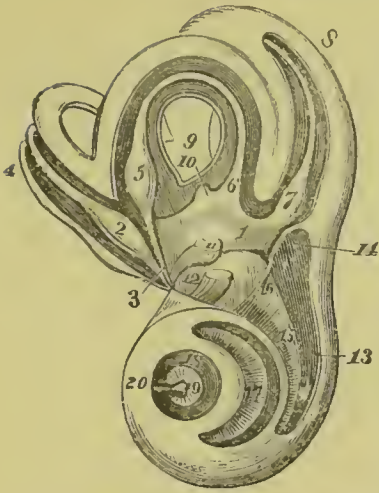
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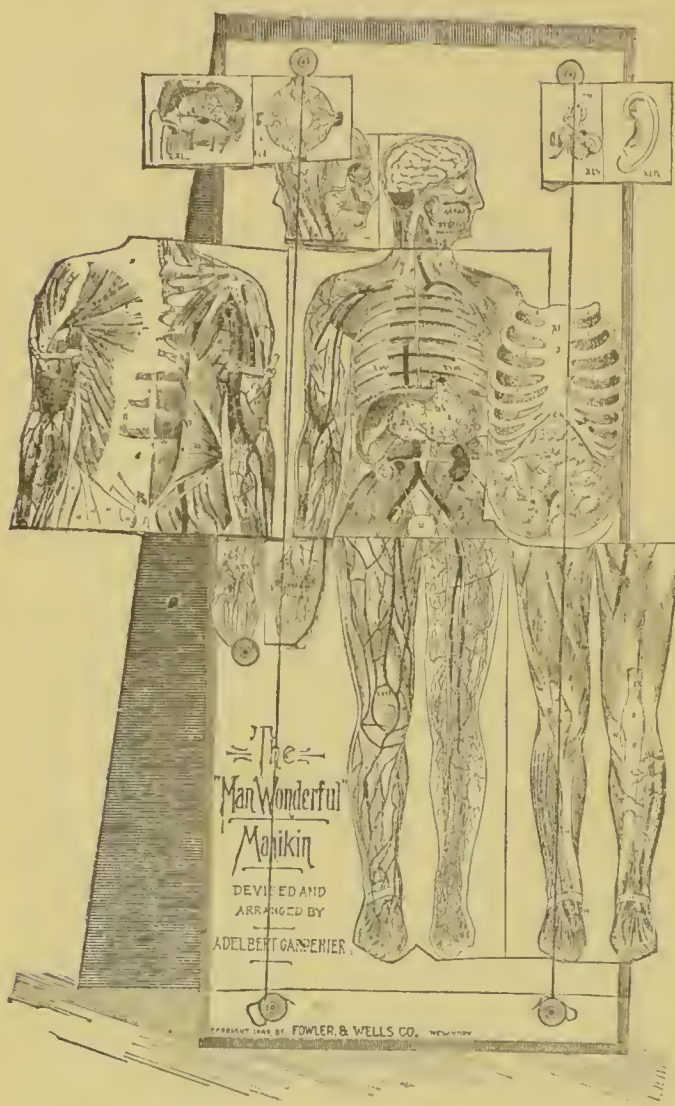
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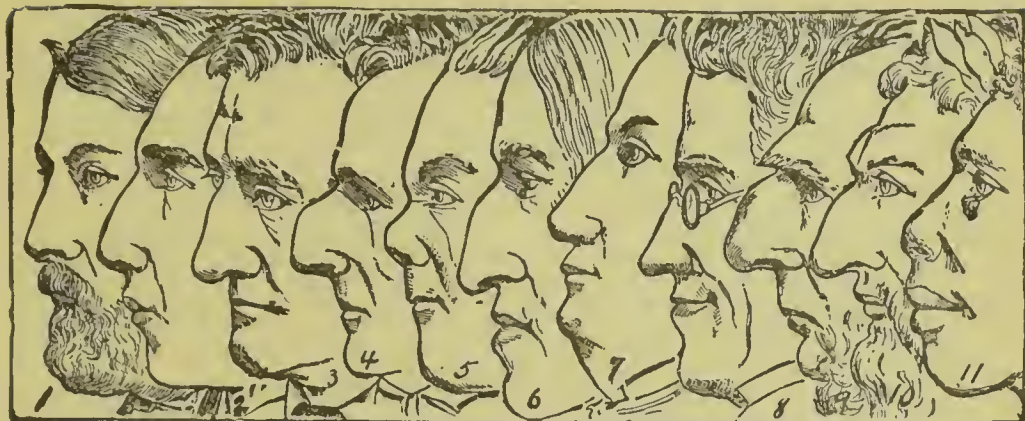
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